



Stout-Caramel Ice Cream Sundaes

READY IN



150 min.

SERVINGS



6

CALORIES



615 kcal

DESSERT

Ingredients

- ☐ 1.5 cups t brown sugar dark packed
- ☐ 0.1 teaspoon salt
- ☐ 12 oz porter
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 6 scoops whipped cream
- ☐ 0.5 cup walnut pieces coarsely chopped
- ☐ 6 servings whipped cream (from aerosol can)
- ☐ 1 cup whipping cream

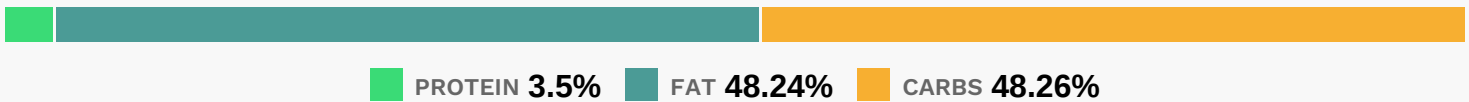
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ In large saucepan, simmer beer over medium heat 10 minutes, stirring occasionally. Stir in butter and brown sugar. Cook about 12 minutes, without stirring, to 234–235F on candy thermometer (mixture will look syrupy).
- ☐ Remove from heat. Slowly add whipping cream, vanilla and salt, stirring constantly. Return to medium heat; cook 3 to 5 minutes, stirring occasionally, until thickened and creamy. Cool 2 hours.
- ☐ To serve, scoop ice cream into 6 glasses or bowls. Top with walnuts and whipped cream topping.
- ☐ Drizzle with caramel sauce. Refrigerate any remaining caramel sauce.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:9.77, Inflammation Score:-6, Nutrition Score:7.5599999868351%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 615.01kcal (30.75%), Fat: 33.06g (50.85%), Saturated Fat: 17.43g (108.93%), Carbohydrates: 74.41g (24.8%), Net Carbohydrates: 73.3g (26.65%), Sugar: 69.32g (77.02%), Cholesterol: 88.46mg (29.49%), Sodium: 128.61mg (5.59%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 5.4g (10.81%), Vitamin A: 1020.63IU (20.41%), Manganese: 0.38mg (18.78%), Calcium: 173.15mg (17.31%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 134.74mg (13.47%), Copper: 0.2mg (10.11%), Potassium: 296.11mg (8.46%), Magnesium: 33.21mg (8.3%), Vitamin B5: 0.64mg (6.36%), Vitamin B6: 0.12mg (6.16%), Zinc: 0.9mg (5.97%), Vitamin B12: 0.35µg (5.77%), Vitamin D: 0.86µg (5.74%), Selenium: 3.65µg (5.21%), Vitamin E: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.72%), Fiber: 1.12g (4.46%), Iron: 0.78mg (4.32%), Folate: 15.31µg (3.83%), Vitamin K: 2.17µg (2.07%), Vitamin B3: 0.28mg (1.4%)