



Tangy Ice Cream with Cashew Brittle



Vegetarian



Gluten Free

READY IN



92 min.

SERVINGS



6

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter softened
- ☐ 2 teaspoons plus
- ☐ 1 cup half and half
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 2 tablespoons roasted cashews salted coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup sugar

- ☐ 0.8 cup condensed milk fat-free sweetened
- ☐ 1 tablespoon water

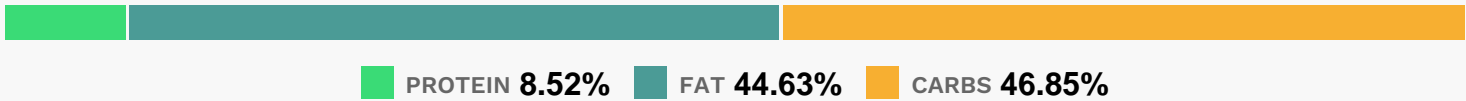
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ whisk

Directions

- ☐ Combine the first 5 ingredients, stirring well with a whisk.
- ☐ Place the mixture in the freezer can of a table-top ice-cream freezer, and freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; freeze for 1 hour or until firm.
- ☐ Coat a sheet of parchment paper with cooking spray.
- ☐ Combine sugar, 1 tablespoon water, and corn syrup in a small, heavy saucepan; bring to a boil. Cook 7 minutes or until golden, without stirring.
- ☐ Remove from heat. Stir in nuts and butter. Quickly spread the sugar mixture in a thin, even layer over prepared parchment; cool completely. Chop brittle; serve over ice cream.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:19, Inflammation Score:-4, Nutrition Score:6.7217391716397%

Nutrients (% of daily need)

Calories: 312.85kcal (15.64%), Fat: 15.91g (24.48%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 37.5g (13.64%), Sugar: 36.64g (40.71%), Cholesterol: 47.38mg (15.79%), Sodium: 216.86mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Calcium: 232.65mg (23.26%), Vitamin B2: 0.37mg (21.68%), Phosphorus: 209.5mg (20.95%), Selenium: 9.32µg (13.32%), Vitamin A: 472.78IU (9.46%), Vitamin B12: 0.55µg (9.16%), Potassium: 304.92mg (8.71%), Magnesium: 28.86mg (7.22%), Vitamin B5: 0.68mg (6.8%), Zinc: 0.99mg (6.63%), Vitamin B1: 0.08mg (5.16%), Copper: 0.08mg (4.02%), Vitamin B6: 0.07mg (3.68%), Folate: 11.07µg (2.77%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.3µg (2.19%), Vitamin C: 1.63mg (1.97%), Manganese:

0.04mg (1.8%), Iron: 0.29mg (1.63%), Vitamin B3: 0.23mg (1.14%)