

Tartufo

 Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

638 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bittersweet chocolate chopped
- ☐ 0.8 cup chocolate-hazelnut pirouette cookies crushed
- ☐ 0.3 cup heavy cream
- ☐ 4 maraschino cherries
- ☐ 4 sprigs mint leaves
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 1 pint whipped cream
- ☐ 0.3 cup water

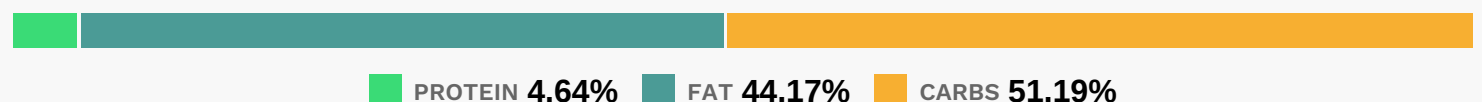
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ In a heavy saucepan over medium-high heat, combine the sugar with 1/4 cup of water.
- ☐ Bring to a simmer and cook until the mixture turns a deep golden brown.
- ☐ Remove from the heat and carefully whisk in the heavy cream, vanilla extract and salt. Set aside to cool to room temperature.
- ☐ Combine the cookie crumbs and chocolate chunks in a large resealable bag.
- ☐ Using a large round ice cream scoop, scoop out a ball of ice cream and leave it in the scoop. Poke a hole in the center of the scoop with a handle of a wooden spoon and put a cherry into the hole. Cover the hole with a bit of ice cream and put the scoop of ice cream into the bag of cookies and chocolate pieces. Shake around pressing gently to completely coat the ice cream.
- ☐ Put the scoop on a tray and freeze for 30 minutes. Repeat the process with remaining ingredients.
- ☐ Before serving, divide the caramel sauce among 4 plates.
- ☐ Remove the Tartufos from the freezer and slice them in half. Arrange 2 halves on each plate and garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:45.15, Glycemic Load:41.18, Inflammation Score:-6, Nutrition Score:11.053043381028%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 637.97kcal (31.9%), Fat: 31.64g (48.67%), Saturated Fat: 18.31g (114.43%), Carbohydrates: 82.49g (27.5%), Net Carbohydrates: 78.96g (28.71%), Sugar: 68.56g (76.18%), Cholesterol: 76.19mg (25.4%), Sodium: 516.25mg (22.45%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 20.91mg (6.97%), Protein: 7.48g (14.95%), Vitamin B2: 0.4mg (23.3%), Manganese: 0.46mg (23.1%), Phosphorus: 221.25mg (22.12%), Copper: 0.42mg (20.76%), Calcium: 190.69mg (19.07%), Magnesium: 68.85mg (17.21%), Vitamin A: 847.76IU (16.96%), Fiber: 3.53g (14.13%), Iron: 2.44mg (13.55%), Potassium: 431.16mg (12.32%), Zinc: 1.7mg (11.35%), Vitamin B12: 0.55µg (9.19%), Vitamin B5: 0.89mg (8.9%), Selenium: 5.92µg (8.46%), Vitamin B1: 0.1mg (6.87%), Vitamin E: 0.82mg (5.47%), Vitamin B3: 0.96mg (4.78%), Folate: 17.72µg (4.43%), Vitamin B6: 0.08mg (4.18%), Vitamin D: 0.55µg (3.69%), Vitamin K: 3.14µg (2.99%), Vitamin C: 1.15mg (1.39%)