



Turtle Ice Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



633 kcal

DESSERT

Ingredients

- ☐ 5.5 ounces bittersweet chocolate chopped
- ☐ 0.8 cup t brown sugar dark packed ()
- ☐ 1.5 tablespoons corn syrup dark
- ☐ 0.8 cup graham cracker crumbs whole crushed finely (5 graham crackers, in resealable plastic bag)
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 6 ounces pecans divided toasted
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted

- ☐ 0.8 teaspoon vanilla extract
- ☐ 4 cups whipped cream divided

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 350°F. Using on/off turns, finely chop 1 cup pecans in processor; transfer to medium bowl.
- ☐ Mix ingraham cracker crumbs and sugar.
- ☐ Drizzle butter over; blend until evenly moistened. Press mixture firmly over bottom and upsides of 9-inch glass pie dish (not on rim).
- ☐ Bake crust until golden brown, about 12 minutes (if crust puffs, press firmly back into place). Cool crust completely. Wrap in foil and freeze at least 1 hour. DO AHEAD: Can be made 2 days ahead. Keep frozen.
- ☐ Bring first 3 ingredients to boil in heavy medium saucepan over medium heat, whisking until sugar dissolves. Boil caramel 5 minutes, whisking occasionally. Turn off heat; whisk in butter, vanilla, and salt. Cool completely.
- ☐ Slightly soften 1 cup vanilla ice cream in microwave on low in 10-second intervals.
- ☐ Spread ice cream evenly in frozen pie crust; spread 1/4 cup caramel over. Freeze pie until ice cream and caramel are firm, about 1 hour. Repeat with remaining vanilla ice cream in three 1-cup portions and caramel in two 1/4-cup portions. Freeze pie overnight. Cover and reserve remaining caramel at room temperature.
- ☐ Combine chocolate, cream, and corn syrup in medium metal bowl.
- ☐ Place over saucepan of simmering water and whisk until melted and smooth.
- ☐ Remove from heat.

- ☐ Whisk in vanilla and salt. Cool ganache at room temperature until thick but still pourable, about 30 minutes.
- ☐ Pour ganache evenly over frozen pie.
- ☐ Sprinkle with remaining 1/2 cup pecans. Freeze until ganache is firm, at least 45 minutes.
- ☐ Drizzle decoratively with 1/4 cup preserved caramel. DO AHEAD: Can be made 2 days ahead. Cover and keep frozen. Cover and chill remaining caramel.
- ☐ Let pie stand 10 minutes at room temperature. Rewarm remaining caramel, stirring over low heat.
- ☐ Cut pie into wedges and serve with caramel.
- ☐ To remove the first piece of pie, slide the knife between the crust and the dish all the way around the pie. Then cut out the first slice, being sure to cut through the crust completely.

Nutrition Facts



Properties

Glycemic Index: 38.14, Glycemic Load: 20.8, Inflammation Score: -6, Nutrition Score: 12.318260778552%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg

Nutrients (% of daily need)

Calories: 633.31kcal (31.67%), Fat: 40.47g (62.26%), Saturated Fat: 16.33g (102.06%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 60.55g (22.02%), Sugar: 53.73g (59.7%), Cholesterol: 58.31mg (19.44%), Sodium: 128.35mg (5.58%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Caffeine: 16.76mg (5.59%), Protein: 6.5g (12.99%), Manganese: 1.24mg (61.96%), Copper: 0.53mg (26.55%), Phosphorus: 205.97mg (20.6%), Magnesium: 77.29mg (19.32%), Fiber: 4.33g (17.32%), Calcium: 146.71mg (14.67%), Vitamin B2: 0.25mg (14.48%), Zinc: 2.14mg (14.25%), Vitamin B1: 0.2mg (13.02%), Vitamin A: 649.37IU (12.99%), Iron: 2.34mg (12.98%), Potassium: 388.28mg (11.09%), Vitamin B5: 0.7mg (6.97%), Selenium: 4.54µg (6.48%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.33µg (5.42%), Vitamin B6: 0.11mg (5.26%), Vitamin B3: 0.82mg (4.12%), Folate: 12.56µg (3.14%), Vitamin K: 3.19µg (3.04%), Vitamin D: 0.45µg (2.99%)