

Cranberry Ice Cream Cake

Center Lovell Inn - Center Lovell, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

6 tablespoons butter
1/4 cup sugar
1/2 cup chopped pecans (optional)
1 1/2 cups graham cracker crumbs
ICE CREAM
2 egg whites
1 cup heavy cream
1 cup sugar
1 tablespoon orange juice concentrate
1 teaspoon vanilla extract
pinch salt
1/2 cup ground cranberries

Copyright: James Stroman

In a saucepan, melt the butter. Add the sugar, pecans (if desired) and graham cracker crumbs.

Mix well and press into the bottom and sides of an eight-inch springform pan. Freeze.

Make the ice cream: In a bowl, beat the egg whites until stiff. Set aside.

In a separate bowl, whip the cream and slowly add the sugar. Then gently fold in the orange juice concentrate, vanilla, salt, egg whites and cranberries. Pour into the frozen graham cracker crust.

Freeze for several hours before cutting into wedges and serving.

Per Serving (excluding unknown items): 372 Calories; 21g Fat (50.4% calories from fat); 3g Protein; 44g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 208mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	372	Vitamin B6 (mg):	trace
% Calories from Fat:	50.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	46.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	21g	Folacin (mcg):	4mcg
Saturated Fat (g):	13g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	64mg
Carbohydrate (g):	44g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	208mg
Potassium (mg):	59mg
Calcium (mg):	26mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	762IU
Vitamin A (r.e.):	205 1/2RE

Alcohol (kcal): 2
% Refuse: n n%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 372 **Calories from Fat:** 187

% Daily Values*

Total Fat 21g	33%
Saturated Fat 13g	63%
Cholesterol 64mg	21%
Sodium 208mg	9%
Total Carbohydrates 44g	15%
Dietary Fiber trace	2%
Protein 3g	
<hr/>	
Vitamin A	15%
Vitamin C	0%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.