



(Basic but Fantastic) Dark Chocolate Ice Cream

 Vegetarian  Gluten Free

READY IN



600 min.

SERVINGS



2

CALORIES



2299 kcal

DESSERT

Ingredients

- 6 ounces chocolate dark chopped (approximately)
- 6 egg yolk
- 3 cups cup heavy whipping cream (or)
- 2 teaspoons coffee instant
- 1 cup sugar raw
- 0.3 cup water (or any other liquid)

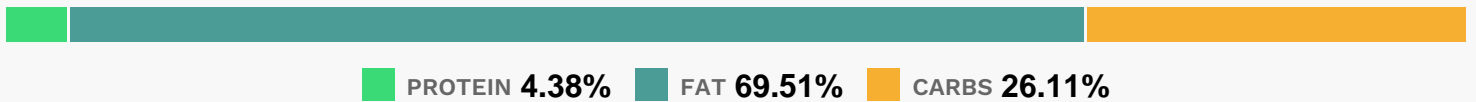
Equipment

- ladle
- whisk
- mixing bowl
- pot
- ice cream machine

Directions

- In a large pot over a low to medium flame, heat the sugar and water until the sugar bubbles and caramelizes and becomes a deep copper color, about 6 minutes. Reduce the heat to as low as possible and slowly add the half-and-half. The mixture will sputter and foam dramatically as you add it, and the sugar will immediately harden but it will gradually melt again and you'll be able to mix it into the dairy.
- In a heat-proof mixing bowl, whisk the egg yolks with the reserved 1/4 cup of sugar until the mixture lightens in color, to a pastel yellow. Slowly ladle a few cups of the hot dairy into the mixing bowl and whisk together, to temper your yolks. Slowly pour the yolks back into the pot, whisking as you do so.
- Add the instant coffee and whisk until dissolved.
- When the mixture has thickened enough to coat the back of a spoon, remove it from the heat and add the chopped chocolate, and mix vigorously, until the chocolate is melted and fully incorporated. The residual heat will be enough to melt the chocolate.
- Chill the mixture for at least 4 hours or overnight in the refrigerator. Spin in your ice cream machine according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:41.73043508115%

Nutrients (% of daily need)

Calories: 2298.8kcal (114.94%), Fat: 179.45g (276.07%), Saturated Fat: 108.1g (675.6%), Carbohydrates: 151.67g (50.56%), Net Carbohydrates: 142.4g (51.78%), Sugar: 130.32g (144.8%), Cholesterol: 989.16mg (329.72%), Sodium: 144.17mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 99.44mg (33.15%), Protein: 25.47g (50.94%),

Vitamin A: 6059.75IU (121.19%), Manganese: 1.75mg (87.66%), Copper: 1.6mg (79.9%), Iron: 12.37mg (68.7%), Phosphorus: 683.64mg (68.36%), Selenium: 46.86µg (66.94%), Vitamin B2: 1.02mg (60.2%), Vitamin D: 8.63µg (57.52%), Magnesium: 227.17mg (56.79%), Calcium: 381.66mg (38.17%), Fiber: 9.27g (37.08%), Vitamin E: 5.18mg (34.53%), Zinc: 4.95mg (33%), Vitamin B12: 1.86µg (31.04%), Potassium: 1070.51mg (30.59%), Vitamin B5: 2.88mg (28.81%), Folate: 93.12µg (23.28%), Vitamin B6: 0.35mg (17.33%), Vitamin K: 18.03µg (17.17%), Vitamin B1: 0.2mg (13.03%), Vitamin B3: 1.42mg (7.1%), Vitamin C: 2.14mg (2.6%)