

# Bittersweet Chocolate and Stout Beer Ice Cream

READY IN



320 min.

SERVINGS



3

CALORIES



1371 kcal

DESSERT

## Ingredients

- 11.5 ounce chocolate chips
- 1 pint cup heavy whipping cream
- 1 pint porter guinness® (such as )
- 0.8 cup sugar

## Equipment

- sauce pan
- plastic wrap

ice cream machine

## Directions

- Heat the heavy cream in a saucepan over medium-low heat until it begins to bubble.
- Remove from the heat and stir in the chocolate and sugar until melted. Slowly stir in the stout beer. Cover and refrigerate until completely cooled.
- Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- Transfer ice cream to a two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

## Nutrition Facts



**PROTEIN 4.09%** **FAT 60.55%** **CARBS 35.36%**

## Properties

Glycemic Index:23.36, Glycemic Load:34.91, Inflammation Score:-9, Nutrition Score:16.204782444498%

## Nutrients (% of daily need)

Calories: 1371.12kcal (68.56%), Fat: 91.22g (140.34%), Saturated Fat: 67.79g (423.7%), Carbohydrates: 119.86g (39.95%), Net Carbohydrates: 115.73g (42.08%), Sugar: 91.56g (101.74%), Cholesterol: 179.32mg (59.77%), Sodium: 159.37mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin A: 2329.43IU (46.59%), Calcium: 433.88mg (43.39%), Vitamin B2: 0.5mg (29.38%), Zinc: 4.22mg (28.13%), Potassium: 838.74mg (23.96%), Phosphorus: 228.41mg (22.84%), Vitamin E: 3.16mg (21.05%), Vitamin D: 2.52µg (16.82%), Fiber: 4.13g (16.52%), Selenium: 10.68µg (15.26%), Vitamin K: 13.41µg (12.78%), Magnesium: 50.16mg (12.54%), Vitamin B5: 1.22mg (12.17%), Copper: 0.22mg (10.99%), Vitamin B6: 0.2mg (9.82%), Vitamin B1: 0.14mg (9.35%), Vitamin B12: 0.56µg (9.28%), Iron: 1.58mg (8.8%), Manganese: 0.16mg (7.79%), Folate: 29.13µg (7.28%), Vitamin B3: 1.23mg (6.16%), Vitamin C: 1.49mg (1.81%)