



## Bittersweet Chocolate Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



734 kcal

### Ingredients

- 2 cups half and half
- 1 cup cup heavy whipping cream
- 0.3 teaspoon coffee instant
- 2 teaspoons vanilla extract

### Equipment

- bowl
- frying pan
- sauce pan
- whisk

ice cream machine

baking spatula

## Directions

Prep your ice cream maker according to the manufacturers directions. In a medium sauce pan, heat the half & half until warm- not hot. In a bowl, whisk the egg yolks until blended.

Add the sugar and about 1/2 of the warm half and half. Stir to combine well and add the mixture back to the saucepan.

Whisking briskly while combining. Cook over medium heat until the mixture coats the back of a silicone spatula (about 10-12 minutes).

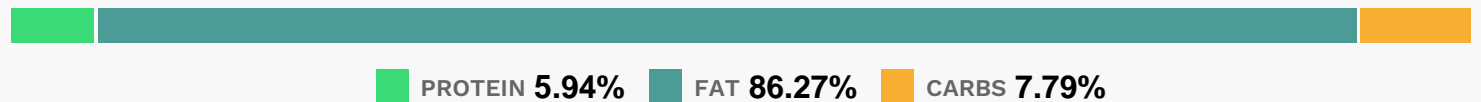
Remove from heat and add the chocolate and coffee, stir to melt and combine thoroughly.

Place the pan with the custard in an ice bath to cool, stirring occasionally, until it reaches room temperature.

Add the whipping cream and vanilla

Pour into another container and chill until cold -several hours- or you are ready pour into the ice cream maker. Freeze in the ice cream maker according to the manufacturers directions. Makes about a quart.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:12.217826086957%

## Taste

Sweetness: 19.74%, Saltiness: 0.25%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 733.58kcal (36.68%), Fat: 70.79g (108.91%), Saturated Fat: 44.38g (277.4%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 14.39g (5.23%), Sugar: 13.98g (15.53%), Cholesterol: 219.17mg (73.06%), Sodium: 180.16mg (7.83%), Alcohol: 1.38g (7.64%), Caffeine: 3.93mg (1.31%), Protein: 10.97g (21.94%), Vitamin A: 2605.98IU (52.12%), Vitamin B2: 0.7mg (41.01%), Calcium: 338.1mg (33.81%), Phosphorus: 299.54mg (29.95%), Selenium: 11.33µg (16.19%), Vitamin D: 1.9µg (12.69%), Potassium: 442.84mg (12.65%), Vitamin E: 1.7mg (11.33%), Vitamin B12: 0.65µg (10.84%), Vitamin B5: 1mg (10.04%), Magnesium: 33.42mg (8.35%), Zinc: 1.23mg (8.23%), Vitamin B6:

0.16mg (8.19%), Vitamin K: 6.96µg (6.63%), Vitamin B1: 0.1mg (6.46%), Vitamin C: 2.89mg (3.51%), Folate: 12.02µg (3.01%), Vitamin B3: 0.39mg (1.96%), Copper: 0.04mg (1.9%), Iron: 0.25mg (1.39%)