



Blackberry Chip Ice Cream

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



1996 kcal

DESSERT

Ingredients

- 2 pints blackberries fresh
- 5 large egg yolks
- 1.5 cups half-and-half
- 1.5 cups heavy cream
- 0.5 juice of lemon
- 4 ounces bittersweet chocolate
- 1.3 cups sugar

Equipment

- bowl
- sauce pan
- whisk
- sieve
- ice cream machine

Directions

- Combine the blackberries, 1/4 cup sugar and the lemon juice in a saucepan. Cook over low heat until the blackberries are broken down and syrupy, about 20 minutes.
- Pour the mixture through a fine-mesh strainer into a bowl, using a whisk or spoon to force as much of the deep purple liquid through as you can; set aside to cool. Discard the blackberry pulp and seeds.
- Heat the half-and-half and the remaining 1 cup sugar in a saucepan over medium-low heat. Meanwhile, whisk the egg yolks in a bowl until pale yellow and thick. Temper the egg yolks by splashing in a very small amount of the warm half-and-half mixture while whisking constantly. Slowly pour the tempered yolks into the saucepan with the half-and-half and cook over medium-low heat, stirring constantly, until thick enough to coat the back of a spoon, about 5 minutes.
- Stir the heavy cream into the bowl with the berry mixture, then pour in the egg mixture and stir to combine. Churn in an ice cream maker (in batches, if necessary) according to the maker's instructions.
- Chop the chocolate into chunks and stir into the ice cream.
- Transfer to a freezer-safe container and freeze for several hours or overnight.
- Photograph by Kana Okada

Nutrition Facts



PROTEIN 5.36% **FAT 52.93%** **CARBS 41.71%**

Properties

Glycemic Index:47.55, Glycemic Load:92.36, Inflammation Score:-10, Nutrition Score:55.636086920033%

Flavonoids

Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg Quercetin: 16.97mg, Quercetin: 16.97mg, Quercetin: 16.97mg, Quercetin: 16.97mg

Nutrients (% of daily need)

Calories: 1996.17kcal (99.81%), Fat: 121.03g (186.2%), Saturated Fat: 70.43g (440.21%), Carbohydrates: 214.61g (71.54%), Net Carbohydrates: 184.97g (67.26%), Sugar: 181.79g (201.99%), Cholesterol: 727.63mg (242.54%), Sodium: 191.04mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 48.76mg (16.25%), Protein: 27.58g (55.16%), Manganese: 3.84mg (192.04%), Vitamin C: 104.97mg (127.24%), Fiber: 29.64g (118.55%), Vitamin K: 106.14µg (101.09%), Vitamin A: 4920.71IU (98.41%), Copper: 1.57mg (78.35%), Phosphorus: 693.82mg (69.38%), Vitamin B2: 1.09mg (63.99%), Selenium: 42.38µg (60.54%), Vitamin E: 9.07mg (60.5%), Magnesium: 227.65mg (56.91%), Calcium: 540.91mg (54.09%), Folate: 194.43µg (48.61%), Iron: 8.02mg (44.53%), Potassium: 1553.73mg (44.39%), Zinc: 6.14mg (40.94%), Vitamin B5: 3.74mg (37.36%), Vitamin D: 5.15µg (34.34%), Vitamin B12: 1.56µg (26.02%), Vitamin B6: 0.47mg (23.33%), Vitamin B3: 3.86mg (19.3%), Vitamin B1: 0.28mg (18.64%)