



Blackberry Chip Ice Cream

 Gluten Free

READY IN



280 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

Ingredients

- ☐ 2 pints blackberries fresh
- ☐ 5 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

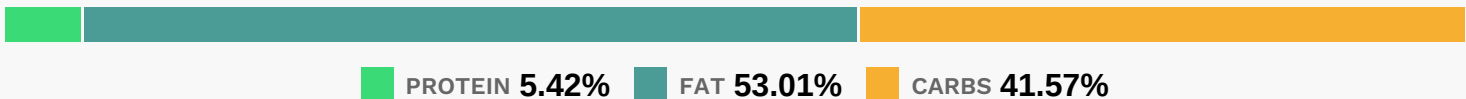
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the blackberries, 1/4 cup of the 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 into a bowl through a fine mesh strainer. Using a whisk or spoon, force out as much of the deep purple liquid as you can, and then set it aside to cool. Discard the blackberry pulp and seeds.
- ☐ Heat the half-and-half and remaining 1 cup sugar in a saucepan over medium heat.
- ☐ Using a whisk, beat the egg yolks until pale and thick. Temper the eggs by splashing a small amount of the warm cream into the yolks, whisking constantly.
- ☐ Pour the tempered yolks into the saucepan, stirring gently. Cook over medium-low heat until thick, stirring constantly, about 5 minutes.
- ☐ Pour the heavy cream into the bowl with the berries, and then pour in the custard and stir to combine. If you have time, refrigerate this mixture until cool.
- ☐ Freeze the mixture according to your ice cream maker's instructions.
- ☐ When it is frozen, chop the chocolate into chunks and stir into the ice cream.
- ☐ Transfer the ice cream to a freezer-safe container and allow it to harden for several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:15.39, Inflammation Score:-7, Nutrition Score:10.353478193283%

Flavonoids

Cyanidin: 78.82mg, Cyanidin: 78.82mg, Cyanidin: 78.82mg, Cyanidin: 78.82mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 29.23mg, Catechin: 29.23mg, Catechin: 29.23mg, Catechin: 29.23mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 334.04kcal (16.7%), Fat: 20.28g (31.2%), Saturated Fat: 11.78g (73.62%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 30.84g (11.22%), Sugar: 30.3g (33.67%), Cholesterol: 125.77mg (41.92%), Sodium: 32.04mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 4.66g (9.33%), Manganese: 0.64mg (32.02%), Vitamin C: 17.5mg (21.21%), Fiber: 4.94g (19.76%), Vitamin K: 17.69µg (16.85%), Vitamin A: 826.13IU (16.52%), Copper: 0.26mg (13.07%), Phosphorus: 117.26mg (11.73%), Vitamin B2: 0.18mg (10.79%), Selenium: 7.3µg (10.42%), Vitamin E: 1.52mg (10.15%), Magnesium: 37.96mg (9.49%), Calcium: 90.69mg (9.07%), Folate: 33.01µg (8.25%), Iron: 1.35mg (7.48%), Potassium: 259.41mg (7.41%), Zinc: 1.03mg (6.89%), Vitamin B5: 0.64mg (6.35%), Vitamin D: 0.88µg (5.87%), Vitamin B12: 0.27µg (4.47%), Vitamin B6: 0.08mg (3.96%), Vitamin B3: 0.64mg (3.22%), Vitamin B1: 0.05mg (3.15%)