



Blackberry Chocolate Chunk Ice Cream



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



941 kcal

DESSERT

Ingredients

- ☐ 9 oz blackberries
- ☐ 0.5 cup chocolate dark roughly chopped
- ☐ 0.3 cup sugar
- ☐ 1.5 qts whipped cream softened

Equipment

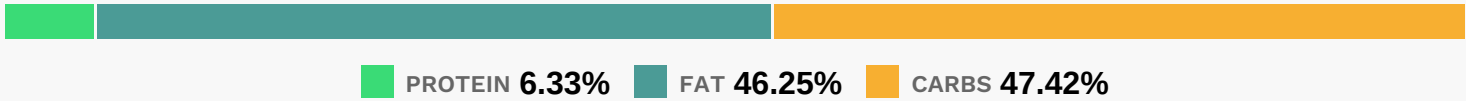
- ☐ bowl
- ☐ plastic wrap
- ☐ stand mixer

☐ microwave

Directions

- ☐ Mash berries with a fork in a microwave-safe bowl. Stir in sugar. Microwave, stirring every 20 seconds, until sugar has dissolved, 1 minute.
- ☐ Let cool completely.
- ☐ Beat ice cream in a stand mixer with the paddle attachment just until smooth, about 30 seconds.
- ☐ Scoop ice cream into a freezer-safe straight-sided container, alternating with blackberry mixture and chocolate.
- ☐ Fold ice cream to form a swirl, pulling up from the sides and bottom. Press plastic wrap onto surface; cover. Freeze until firm.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:60.75, Inflammation Score:-8, Nutrition Score:22.898695821347%

Flavonoids

Cyanidin: 63.75mg, Cyanidin: 63.75mg, Cyanidin: 63.75mg, Cyanidin: 63.75mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.64mg, Catechin: 23.64mg, Catechin: 23.64mg, Catechin: 23.64mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg, Epicatechin: 2.97mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 940.97kcal (47.05%), Fat: 48.71g (74.95%), Saturated Fat: 29.46g (184.14%), Carbohydrates: 112.37g (37.46%), Net Carbohydrates: 104.12g (37.86%), Sugar: 96.07g (106.75%), Cholesterol: 156.8mg (52.27%), Sodium: 289.04mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.5mg (5.83%), Protein: 15.01g (30.02%), Vitamin B2: 0.89mg (52.22%), Calcium: 488.84mg (48.88%), Phosphorus: 454.03mg (45.4%), Manganese: 0.87mg (43.35%), Fiber: 8.25g (33%), Vitamin A: 1639.09IU (32.78%), Copper: 0.57mg (28.7%), Magnesium: 112.32mg

(28.08%), Potassium: 966.21mg (27.61%), Vitamin B12: 1.45µg (24.09%), Zinc: 3.51mg (23.41%), Vitamin B5: 2.33mg (23.29%), Vitamin C: 15.52mg (18.82%), Iron: 3.32mg (18.47%), Vitamin K: 15.29µg (14.56%), Vitamin E: 1.94mg (12.93%), Selenium: 8.21µg (11.72%), Vitamin B1: 0.17mg (11.05%), Vitamin B6: 0.2mg (9.89%), Folate: 33.69µg (8.42%), Vitamin B3: 1.05mg (5.27%), Vitamin D: 0.71µg (4.73%)