



## Brownie Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



678 kcal

DESSERT

### Ingredients

- 2 ounces bittersweet chocolate chopped (broken into pieces or )
- 2 oz butter unsalted plus more for the pan)
- 0.7 cup brown sugar light
- 0.5 teaspoon vanilla extract
- 1 extra large eggs lightly beaten ( )
- 0.3 cup flour all-purpose
- 1.5 tablespoons cocoa powder unsweetened
- 0.8 cup pecans toasted ( )
- 2 pints whipped cream homemade store-bought

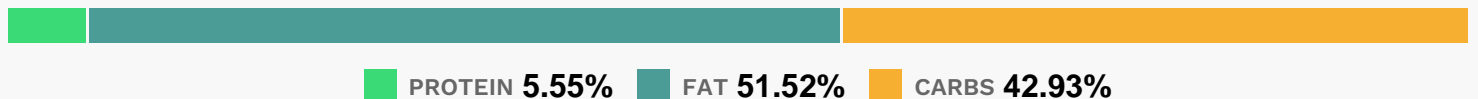
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Make the brownies (or substitute your fave homemade brownies)
- Preheat the oven to 350°F (176°C). Butter a 9-inch square baking dish.
- Place the chocolate and butter in a heatproof bowl and set it over but not touching a pan of almost but not quite boiling water.
- Heat until melted, stirring frequently.
- Carefully remove the bowl from the pan. Stir in the sugar and vanilla extract and let cool for a couple of minutes.
- Stir the beaten egg into the chocolate mixture. Sift the flour and cocoa on top of the mixture and then thoroughly combine the ingredients. Stir in the nuts. Scrape the batter into the prepared pan, spreading it evenly.
- Bake the brownies for 12 to 15 minutes, until just firm to the touch.
- Let cool in the pan before slicing.
- Make the brownie ice cream
- Move the ice cream to the refrigerator long enough to soften but not so long that it starts to melt. Dump into a large bowl.
- Chop the brownies into small chunks and mix them into the ice cream. Spoon it into a resealable freezerproof container with a lid and freeze until firm. You know what to do from here.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:25.93, Inflammation Score:-6, Nutrition Score:13.955652003703%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 678.43kcal (33.92%), Fat: 39.57g (60.88%), Saturated Fat: 18.89g (118.07%), Carbohydrates: 74.19g (24.73%), Net Carbohydrates: 70.37g (25.59%), Sugar: 61.28g (68.09%), Cholesterol: 125mg (41.67%), Sodium: 148.69mg (6.46%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 11mg (3.67%), Protein: 9.6g (19.19%), Manganese: 0.87mg (43.28%), Vitamin B2: 0.48mg (28.49%), Phosphorus: 266.34mg (26.63%), Calcium: 247.75mg (24.77%), Copper: 0.4mg (19.75%), Vitamin A: 962.93IU (19.26%), Magnesium: 66.51mg (16.63%), Fiber: 3.82g (15.27%), Zinc: 2.23mg (14.84%), Vitamin B1: 0.22mg (14.49%), Potassium: 497.9mg (14.23%), Selenium: 9.94µg (14.2%), Vitamin B5: 1.28mg (12.82%), Vitamin B12: 0.73µg (12.19%), Iron: 1.92mg (10.66%), Folate: 28.91µg (7.23%), Vitamin E: 1.04mg (6.95%), Vitamin B6: 0.14mg (6.92%), Vitamin B3: 0.9mg (4.49%), Vitamin D: 0.64µg (4.29%), Vitamin K: 2.37µg (2.26%), Vitamin C: 1.1mg (1.33%)