

Caramel Macchiato Ice Cream

 Vegetarian  Gluten Free

READY IN



250 min.

SERVINGS



12

CALORIES



245 kcal

DESSERT

Ingredients

- 0.8 cup caramel dessert sauce
- 2 cups heavy cream
- 2 tablespoons coffee granules instant
- 1 cup milk
- 1 pinch salt
- 1 cup sugar white

Equipment

- bowl

- knife
- whisk
- plastic wrap
- ice cream machine
- chopsticks

Directions

- Whisk together milk, instant coffee granules, sugar, and salt in a large bowl until sugar is dissolved. Stir in the heavy cream, then cover and refrigerate until chilled, at least 2 hours.
- Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- Transfer half of the ice cream to a one- or two-quart lidded plastic container.
- Pour half of the caramel sauce over the top, then repeat the layers with the remaining ice cream and caramel. Swirl the caramel into the ice cream using a chopstick or knife. Cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts

PROTEIN 3.27% **FAT 53.47%** **CARBS 43.26%**

Properties

Glycemic Index:9.01, Glycemic Load:12, Inflammation Score:-4, Nutrition Score:2.6482608434947%

Nutrients (% of daily need)

Calories: 244.68kcal (12.23%), Fat: 15.03g (23.12%), Saturated Fat: 9.5g (59.39%), Carbohydrates: 27.36g (9.12%), Net Carbohydrates: 27.36g (9.95%), Sugar: 26.82g (29.8%), Cholesterol: 47.26mg (15.75%), Sodium: 70.31mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 26.17mg (8.72%), Protein: 2.07g (4.13%), Vitamin A: 628.75IU (12.58%), Vitamin B2: 0.11mg (6.26%), Calcium: 59.45mg (5.95%), Vitamin D: 0.86µg (5.72%), Phosphorus: 51.58mg (5.16%), Vitamin B12: 0.2µg (3.31%), Potassium: 107.34mg (3.07%), Selenium: 1.97µg (2.81%), Vitamin E: 0.38mg (2.55%), Magnesium: 8.65mg (2.16%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.28mg (1.41%), Vitamin B6: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.29%), Vitamin K: 1.35µg (1.28%), Zinc: 0.18mg (1.22%), Manganese: 0.02mg (1.16%)