



Cherry-Chocolate Ice Cream

 Gluten Free

READY IN



400 min.

SERVINGS



6

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 1.3 cups cherries whole pitted halved (13 ounces cherries)
- ☐ 0.5 cup rum dark (or water)
- ☐ 4 large egg yolks
- ☐ 0.8 cup heavy cream
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 ounce chocolate unsweetened chopped

- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.5 cups milk whole

Equipment

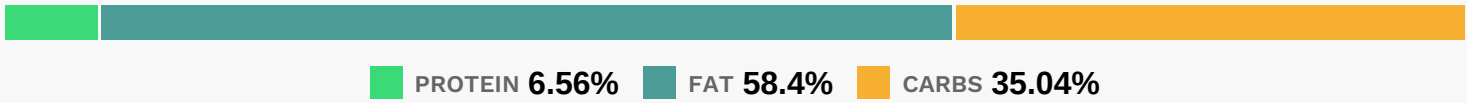
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ ice cream machine
- ☐ candy thermometer

Directions

- ☐ Put the cherries, 2 tablespoons sugar and the rum in a medium saucepan and cook over medium-high heat until syrupy, about 20 minutes.
- ☐ Remove from the heat and let cool, then refrigerate until cold, at least 2 hours.
- ☐ Meanwhile, heat the milk and the remaining 1/2 cup sugar in a saucepan over medium-low heat, whisking to dissolve the sugar.
- ☐ Whisk the egg yolks in a small bowl. Gradually whisk about 1/2 cup of the warm milk mixture into the eggs, then whisk the egg mixture into the saucepan. Cook, stirring constantly, until the mixture coats a spoon and registers 168 degrees F on a candy thermometer, about 15 minutes.
- ☐ Remove from the heat; add the semisweet and unsweetened chocolate and the butter and set aside until the chocolate melts, about 5 minutes.
- ☐ Transfer the chocolate mixture to a blender and puree until smooth.
- ☐ Pour into a large bowl and stir in the heavy cream and vanilla. Refrigerate until chilled, at least 2 hours or overnight.
- ☐ Churn the chilled chocolate mixture in an ice cream maker. Strain the cherry mixture, reserving the syrup. When the ice cream is very thick, add the cherries and continue churning until incorporated.
- ☐ Transfer to a freezer-safe container.

- ☐
- Drizzle in the reserved cherry syrup and swirl with a spoon. Cover and freeze until firm, atleast 4 hours.
- ☐
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:13.66, Inflammation Score:-6, Nutrition Score:9.913043514542%

Flavonoids

Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg, Cyanidin: 9.26mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg, Peonidin: 0.46mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 8.23mg, Epicatechin: 8.23mg, Epicatechin: 8.23mg, Epicatechin: 8.23mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 429.28kcal (21.46%), Fat: 25.6g (39.39%), Saturated Fat: 14.92g (93.26%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 32.01g (11.64%), Sugar: 29.8g (33.11%), Cholesterol: 169.2mg (56.4%), Sodium: 39.92mg (1.74%), Alcohol: 7.02g (100%), Alcohol %: 4.65% (100%), Caffeine: 15.97mg (5.32%), Protein: 6.47g (12.94%), Manganese: 0.42mg (21.09%), Phosphorus: 186.68mg (18.67%), Copper: 0.37mg (18.36%), Vitamin A: 784.6IU (15.69%), Selenium: 10.09µg (14.42%), Magnesium: 53.91mg (13.48%), Vitamin B2: 0.23mg (13.38%), Calcium: 127.67mg (12.77%), Iron: 2.19mg (12.14%), Vitamin D: 1.79µg (11.96%), Vitamin B12: 0.63µg (10.46%), Fiber: 2.56g (10.25%), Zinc: 1.45mg (9.65%), Potassium: 322.56mg (9.22%), Vitamin B5: 0.76mg (7.57%), Vitamin B6: 0.11mg (5.45%), Vitamin B1: 0.08mg (5.42%), Vitamin E: 0.77mg (5.16%), Folate: 20.36µg (5.09%), Vitamin K: 3.5µg (3.33%), Vitamin C: 2.33mg (2.82%), Vitamin B3: 0.32mg (1.62%)