



Cherry Ice Cream with Chocolate Chips



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1396 kcal

DESSERT

Ingredients

- ☐ 1.5 cups cherries sweet pitted ripe (from)
- ☐ 0.8 cup milk
- ☐ 1.8 cups cup heavy whipping cream
- ☐ 0.5 cup sugar
- ☐ 1 pinch salt
- ☐ 1 teaspoon juice of lemon
- ☐ 2 Tbsp amaretto
- ☐ 4 ounces bittersweet chocolate chopped fine

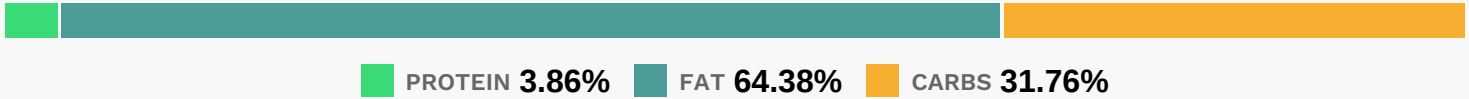
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ ice cream machine
- ☐ immersion blender

Directions

- ☐ Heat cherries, milk, 1 cup cream, sugar, salt, then purée: Put cherries, milk, one cup of the cream, sugar, and salt into a medium saucepan.
- ☐ Heat on medium heat until the mixture is steamy, then lower the heat to warm and just let sit for about 15 minutes.
- ☐ Remove from heat.
- ☐ Pour mixture into a blender, or use an immersion blender, and carefully purée.
- ☐ (Careful because you are dealing with a hot liquid. Make sure you hold the cap down on the top of the blender while puréeing.)
- ☐ Stir in remaining cream and chill: Put mixture into a large bowl. Stir in the remaining 3/4 cup of cream.
- ☐ Chill for several hours in the refrigerator until completely cold. (Can also place bowl over an ice bath, to speed up the cooling process.)
- ☐ Stir in lemon juice and Amaretto: Before putting the mixture into your ice cream maker, stir in the lemon juice and the Amaretto or other liqueur if you are using. Note that you can skip the alcohol if you want, but the addition of it will help the ice cream from getting too icy, and the amaretto can add a nice flavor boost to the ice cream.
- ☐ Churn with your ice cream maker: Churn the ice cream in your ice cream maker according to the manufacturer's instructions.
- ☐ Fold in chocolate chips and freeze: Once the ice cream has completed churning, the ice cream should be pretty soft. Gently fold in the finely chopped chocolate.
- ☐ Put in an airtight container and place in the freezer for at least an hour, preferably several hours.

Nutrition Facts



Properties

Glycemic Index:65.05, Glycemic Load:39.69, Inflammation Score:-9, Nutrition Score:22.611304438632%

Flavonoids

Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 1395.69kcal (69.78%), Fat: 100.25g (154.22%), Saturated Fat: 62.15g (388.42%), Carbohydrates: 111.27g (37.09%), Net Carbohydrates: 104.55g (38.02%), Sugar: 99.34g (110.37%), Cholesterol: 249.7mg (83.23%), Sodium: 117.77mg (5.12%), Alcohol: 3.9g (100%), Alcohol %: 0.94% (100%), Caffeine: 52.66mg (17.55%), Protein: 13.51g (27.01%), Vitamin A: 3304.24IU (66.08%), Manganese: 0.83mg (41.72%), Copper: 0.8mg (40.17%), Phosphorus: 383.45mg (38.35%), Vitamin B2: 0.59mg (34.79%), Magnesium: 137.33mg (34.33%), Calcium: 299.41mg (29.94%), Vitamin D: 4.34µg (28.92%), Fiber: 6.72g (26.87%), Potassium: 894.42mg (25.55%), Iron: 4.2mg (23.34%), Selenium: 13.1µg (18.71%), Zinc: 2.46mg (16.4%), Vitamin E: 2.37mg (15.82%), Vitamin B12: 0.93µg (15.49%), Vitamin K: 13.19µg (12.57%), Vitamin B5: 1.25mg (12.52%), Vitamin C: 9.46mg (11.47%), Vitamin B6: 0.2mg (9.99%), Vitamin B1: 0.14mg (9.35%), Vitamin B3: 0.89mg (4.44%), Folate: 12.97µg (3.24%)