



Chocolate-Almond Ice Cream with Coconut

 Gluten Free

READY IN



135 min.

SERVINGS



9

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds salted chopped
- ☐ 2 tablespoons plus
- ☐ 0.5 cup crème fraîche
- ☐ 7.5 ounce marshmallow creme
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup cocoa powder dark unsweetened
- ☐ 0.3 cup coconut flakes unsweetened shaved toasted

- ☐ 2 teaspoons vanilla paste
- ☐ 4 cups milk whole divided

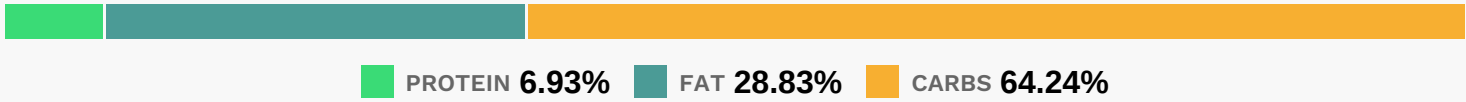
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 5 ingredients; beat with a mixer until smooth. Beat in crme frache and 1 cup milk. Stir in 3 cups milk and corn syrup.
- ☐ Pour into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Stir almonds into ice cream; scrape ice cream into a freezer-safe container. Cover and freeze 2 hours or until firm. Scoop about 3/4 cup ice cream into each of 9 bowls; sprinkle coconut evenly over ice cream.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:18.2, Inflammation Score:-4, Nutrition Score:8.2165216810029%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg, Catechin: 3.16mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 9.42mg, Epicatechin: 9.42mg, Epicatechin: 9.42mg, Epicatechin: 9.42mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 329.3kcal (16.47%), Fat: 11.36g (17.48%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 54g (19.64%), Sugar: 47.33g (52.58%), Cholesterol: 20.55mg (6.85%), Sodium: 115.24mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.99mg (3.66%), Protein: 6.14g (12.29%), Manganese: 0.4mg

(19.88%), Phosphorus: 186.27mg (18.63%), Calcium: 168.37mg (16.84%), Vitamin B2: 0.25mg (14.73%), Magnesium: 55.32mg (13.83%), Copper: 0.27mg (13.28%), Fiber: 2.94g (11.77%), Vitamin B12: 0.61µg (10.21%), Vitamin E: 1.48mg (9.85%), Potassium: 307.68mg (8.79%), Vitamin D: 1.19µg (7.95%), Zinc: 1.06mg (7.1%), Selenium: 4.18µg (5.98%), Vitamin B1: 0.08mg (5.51%), Iron: 0.99mg (5.48%), Vitamin A: 255.34IU (5.11%), Vitamin B5: 0.51mg (5.1%), Vitamin B6: 0.09mg (4.69%), Vitamin B3: 0.44mg (2.2%), Folate: 4.91µg (1.23%)