



## Chocolate Chip Cookie Dough Ice Cream

READY IN



230 min.

SERVINGS



2

CALORIES



4133 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 8 ounces cool butter unsalted cut into pieces (2 sticks)
- 1 cup chocolate chips
- 9 egg yolks
- 2 eggs
- 2.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 2 cups half-and-half
- 2 cups heavy cream

- 1 cup brown sugar light packed
- 1 teaspoon salt
- 0.8 cup sugar
- 0.5 vanilla pod split
- 1 teaspoon vanilla extract pure

## Equipment

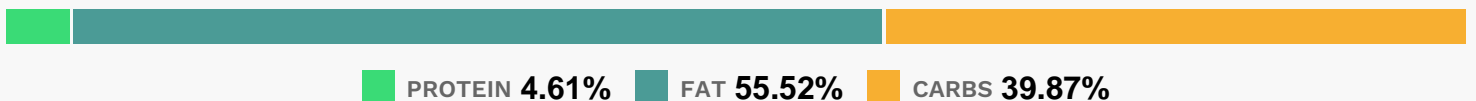
- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- wooden spoon
- kitchen thermometer
- ice cream machine

## Directions

- Watch how to make this recipe.
- Make the Cookie Dough: Cream the butter in a mixer fitted with a paddle attachment (or use a hand-held beater) until soft and fluffy.
- Add both sugars and mix.
- Add the vanilla and 1 egg and mix.
- Add the remaining egg and mix.
- Add the flour, baking soda, and salt and mix.
- Add the chips and mix just until just combined.
- Using your hands, roll the dough into a long thin rope; then cut into small bits. Refrigerate until ready to use.

- Make the Ice Cream Base: In a saucepan over medium heat, heat the half-and-half, cream, and vanilla, whisking occasionally, to make sure the mixture doesn't burn or stick to the bottom of the pan. When the cream mixture reaches a fast simmer (do not let it boil), turn off the heat and let the flavors infuse for 10 minutes.
- Whisk together the egg yolks and sugar. In a thin stream, whisk half of the cream mixture into the egg yolk mixture. Then pour the egg-cream mixture back into the saucepan containing the rest of the cream mixture.
- Heat over medium heat, stirring constantly with a wooden spoon. At 160 degrees F., the mixture will give off a puff of steam. When the mixture reaches 180 degrees F, it will be thickened and creamy, like eggnog. (If you don't have a thermometer, test it by dipping a wooden spoon into the mixture. Run your finger down the back of the spoon. If the stripe remains clear, the mixture is ready; if the edges blur, the mixture is not quite thick enough.) When it is ready, quickly remove it from the heat.
- Meanwhile, put 2 handfuls of ice cubes in the bottom of a bowl, and add cold water to cover. Rest a smaller bowl in the ice water.
- Pour the cream mixture through a fine sieve (to remove the vanilla bean pieces and cinnamon sticks) into the smaller bowl. Chill for 3 hours.
- Freeze the cream mixture in an ice cream maker according to the manufacturer's instructions. Meanwhile, put a bowl in the freezer. When the ice cream is frozen, remove the bowl from the freezer, and transfer the ice cream to it. Fold in the chocolate chip cookie dough (you may not need all of it). Pack the ice cream into sealable containers and return to the freezer. (Make cookies: bake any leftover dough in a preheated 350 degree F. oven for about 10 to 12 minutes.)

## Nutrition Facts



## Properties

Glycemic Index:107.59, Glycemic Load:164.9, Inflammation Score:-10, Nutrition Score:53.861304407534%

## Nutrients (% of daily need)

Calories: 4132.85kcal (206.64%), Fat: 259.05g (398.55%), Saturated Fat: 155.41g (971.3%), Carbohydrates: 418.61g (139.54%), Net Carbohydrates: 414.81g (150.84%), Sugar: 301.14g (334.6%), Cholesterol: 1635.93mg (545.31%), Sodium: 2070.7mg (90.03%), Alcohol: 0.69g (100%), Alcohol %: 0.07% (100%), Protein: 48.38g (96.76%), Selenium: 124.63µg (178.05%), Vitamin A: 8594.72IU (171.89%), Vitamin B2: 2.3mg (135.56%), Folate: 417.57µg (104.39%),

Phosphorus: 954.57mg (95.46%), Vitamin B1: 1.39mg (92.68%), Calcium: 751.24mg (75.12%), Vitamin D: 10.76µg (71.75%), Iron: 10.74mg (59.69%), Manganese: 1.11mg (55.41%), Vitamin E: 8.06mg (53.74%), Vitamin B5: 5.29mg (52.89%), Vitamin B12: 3µg (50.07%), Vitamin B3: 8.95mg (44.74%), Potassium: 1281.37mg (36.61%), Zinc: 5.08mg (33.88%), Vitamin B6: 0.67mg (33.67%), Magnesium: 93.57mg (23.39%), Copper: 0.43mg (21.27%), Vitamin K: 19.82µg (18.88%), Fiber: 3.8g (15.19%), Vitamin C: 3.61mg (4.37%)