



Chocolate Chip Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

DESSERT

Ingredients

- ☐ 0.5 cup egg substitute
- ☐ 2 cups evaporated milk fat-free
- ☐ 1 cup milk fat-free
- ☐ 5.6 ounce milk chocolate bars sugar-free chopped
- ☐ 1.5 teaspoons vanilla extract

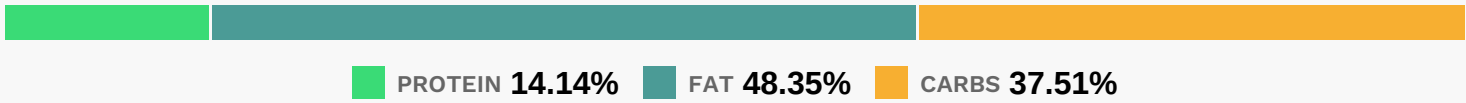
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a large bowl; beat with a mixer at medium speed until well blended. Stir in chocolate.
- ☐ Pour mixture into freezer can of a 2-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand at least 1 hour before serving.
- ☐ Tip: Egg substitute is pasteurized to kill any harmful bacteria. It can safely be used in recipes that traditionally call for raw eggs, such as no-cook ice creams.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:3.43, Inflammation Score:-2, Nutrition Score:4.7643478642339%

Nutrients (% of daily need)

Calories: 136.96kcal (6.85%), Fat: 7.72g (11.87%), Saturated Fat: 4.59g (28.72%), Carbohydrates: 13.47g (4.49%), Net Carbohydrates: 12.74g (4.63%), Sugar: 12.32g (13.69%), Cholesterol: 12.79mg (4.26%), Sodium: 74.95mg (3.26%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Caffeine: 8.73mg (2.91%), Protein: 5.08g (10.15%), Calcium: 147.1mg (14.71%), Vitamin B2: 0.23mg (13.55%), Phosphorus: 133.78mg (13.38%), Selenium: 5.87µg (8.39%), Magnesium: 29.04mg (7.26%), Potassium: 221.76mg (6.34%), Vitamin B5: 0.52mg (5.16%), Zinc: 0.71mg (4.75%), Copper: 0.09mg (4.28%), Vitamin B12: 0.22µg (3.66%), Iron: 0.64mg (3.58%), Manganese: 0.07mg (3.51%), Vitamin A: 164.53IU (3.29%), Vitamin B1: 0.05mg (3.06%), Fiber: 0.73g (2.91%), Vitamin D: 0.43µg (2.84%), Vitamin B6: 0.05mg (2.6%), Vitamin E: 0.26mg (1.74%), Folate: 5.77µg (1.44%), Vitamin B3: 0.21mg (1.05%), Vitamin K: 1.11µg (1.05%), Vitamin C: 0.85mg (1.03%)