



Chocolate Fudge Brownie Ice Cream

READY IN



45 min.

SERVINGS



11

CALORIES



292 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 ounce bittersweet chocolate chopped
- 2.5 ounces bittersweet chocolate chopped
- 2 tablespoons butter softened
- 1 large eggs lightly beaten
- 3 large egg yolks
- 2.3 ounces flour all-purpose
- 0.5 cup half-and-half
- 3.5 cups milk 2% divided reduced-fat

- 0.1 teaspoon salt
- 0.5 cup sugar
- 1.3 cups sugar
- 0.3 cup cocoa unsweetened
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- kitchen thermometer
- microwave
- measuring cup

Directions

- Preheat oven to 35
- To prepare brownies, place 1/2 ounce chocolate in a microwave-safe dish, and microwave at high 30 seconds or until almost melted, stirring once.
- Combine chocolate, 1/2 cup sugar, and butter in a medium bowl; beat with a mixer at high speed until well blended.
- Add extract and egg; beat until combined. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 1/3 cup cocoa, baking powder, and salt.

- Add flour mixture to sugar mixture; beat just until blended. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 20 minutes or until a wooden pick inserted in the center comes out clean. Cool in pan on a wire rack.
- To prepare ice cream, combine 1 1/3 cups sugar and 1/3 cup cocoa in a medium, heavy saucepan over medium-low heat, stirring well with a whisk. Stir in 1/2 cup milk and egg yolks. Stir in remaining 3 cups milk. Cook 12 minutes or until a thermometer registers 160, stirring constantly.
- Remove from heat.
- Place half-and-half in a medium microwave-safe bowl; microwave at high 1 1/2 minutes or until half-and-half boils.
- Add 2 1/2 ounces chocolate; stir until smooth. Stir half-and-half mixture into milk mixture.
- Place pan in a large ice-filled bowl. Cool completely, stirring occasionally.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container.
- Cut brownies into small squares; stir into ice cream. Cover and freeze 1 hour or until firm.

Nutrition Facts



PROTEIN 7.58% **FAT 29.62%** **CARBS 62.8%**

Properties

Glycemic Index:32.47, Glycemic Load:26.5, Inflammation Score:-3, Nutrition Score:7.0495651986288%

Flavonoids

Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 292.36kcal (14.62%), Fat: 9.96g (15.32%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 45.77g (16.64%), Sugar: 40.49g (44.99%), Cholesterol: 82.78mg (27.59%), Sodium: 104.9mg (4.56%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Caffeine: 12.64mg (4.21%), Protein: 5.74g (11.47%), Phosphorus: 154.72mg (15.47%), Vitamin B2: 0.25mg (14.8%), Selenium: 9.43µg (13.48%), Manganese: 0.26mg (12.91%), Calcium: 125.73mg (12.57%), Copper: 0.22mg (10.92%), Magnesium: 38.12mg (9.53%), Vitamin B12: 0.57µg (9.47%), Iron: 1.37mg (7.63%), Fiber: 1.74g (6.96%), Zinc: 1mg (6.65%), Potassium: 222.2mg (6.35%), Vitamin B1:

0.09mg (6.18%), Folate: 24.51µg (6.13%), Vitamin B5: 0.57mg (5.65%), Vitamin A: 274.41IU (5.49%), Vitamin B6: 0.07mg (3.32%), Vitamin B3: 0.55mg (2.76%), Vitamin D: 0.34µg (2.28%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.16µg (1.1%)