



Chocolate Fudge Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



186 kcal

Ingredients

- ☐ 0.5 cup dutch process cocoa
- ☐ 12 ounce evaporated milk low-fat canned
- ☐ 1 Dash salt
- ☐ 1 cup condensed milk fat-free sweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups milk whole divided

Equipment

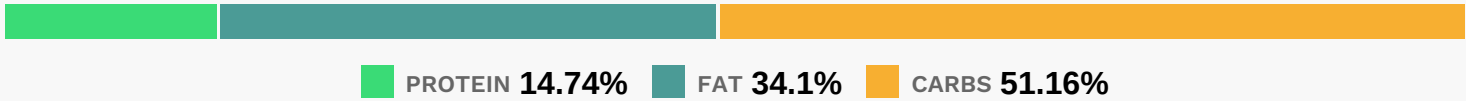
- ☐ sauce pan
- ☐ whisk

☐ blender

Directions

- ☐ Heat 1 cup whole milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat, and add the cocoa, stirring with a whisk until cocoa dissolves. Cool to room temperature.
- ☐ Combine 1 cup whole milk, condensed milk, vanilla, evaporated milk, and salt in a blender, and process until smooth.
- ☐ Add cocoa mixture; blend well.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:11.02, Inflammation Score:-4, Nutrition Score:7.3317391354105%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 185.54kcal (9.28%), Fat: 7.39g (11.36%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 23.34g (8.49%), Sugar: 22.59g (25.1%), Cholesterol: 26.13mg (8.71%), Sodium: 98.32mg (4.27%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Caffeine: 9.89mg (3.3%), Protein: 7.18g (14.36%), Calcium: 241.31mg (24.13%), Phosphorus: 227.38mg (22.74%), Vitamin B2: 0.31mg (18.43%), Magnesium: 43.53mg (10.88%), Potassium: 356.35mg (10.18%), Selenium: 6.85µg (9.79%), Copper: 0.17mg (8.7%), Manganese: 0.17mg (8.63%), Vitamin B12: 0.45µg (7.54%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.64mg (6.4%), Fiber: 1.59g (6.36%), Vitamin B1: 0.07mg (4.95%), Vitamin A: 242.06IU (4.84%), Vitamin D: 0.63µg (4.21%), Iron: 0.72mg (4.01%), Vitamin B6: 0.07mg (3.38%), Folate: 7.46µg (1.87%), Vitamin C: 1.44mg (1.75%), Vitamin B3: 0.28mg (1.39%)