



Chocolate Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.8 cup egg substitute
- ☐ 4 cups evaporated milk fat-free divided
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 2.8 ounce milk chocolate bar sugar-free chopped
- ☐ 7.3 teaspoons packets calorie-free sweetener with aspartame such as equal for recipes or equal packets
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla extract

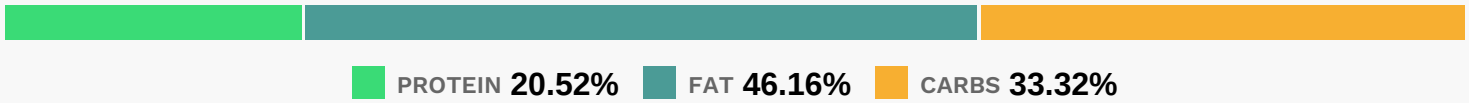
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Sprinkle gelatin over 2 cups evaporated milk in a medium saucepan; let stand 5 minutes. Cook over medium heat until gelatin dissolves and mixture just comes to a boil. Gradually stir about 1 cup of hot milk mixture into egg substitute; add to remaining hot milk mixture, stirring constantly. Cook, stirring constantly, 2 additional minutes (do not boil).
- ☐ Remove from heat. Stir in remaining 2 cups milk and vanilla.
- ☐ Combine cocoa and sweetener in a large bowl. Gradually add hot milk mixture, stirring until smooth. Stir in chopped candy. Chill approximately 30 minutes just until cold, stirring occasionally (do not overchill).
- ☐ Pour chocolate mixture into freezer container of a 4-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt; let stand at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:2.53, Inflammation Score:-5, Nutrition Score:10.837826158689%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 251.44kcal (12.57%), Fat: 13.41g (20.63%), Saturated Fat: 8.07g (50.42%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.92g (7.24%), Sugar: 18.84g (20.93%), Cholesterol: 36.54mg (12.18%), Sodium: 184.25mg (8.01%), Alcohol: 0.56g (100%), Alcohol %: 0.43% (100%), Caffeine: 14.79mg (4.93%), Protein: 13.42g (26.84%), Calcium: 353.39mg (35.34%), Phosphorus: 313.65mg (31.36%), Vitamin B2: 0.52mg (30.77%), Selenium: 13.67µg (19.53%), Magnesium: 63.29mg (15.82%), Potassium: 515.65mg (14.73%), Copper: 0.26mg (12.84%), Vitamin B5: 1.2mg (11.96%), Zinc: 1.59mg (10.59%), Manganese: 0.2mg (10.05%), Iron: 1.48mg (8.21%), Fiber: 1.87g (7.49%), Vitamin A: 351.77IU (7.04%), Vitamin B1: 0.09mg (6.11%), Vitamin B6: 0.1mg (5.1%), Vitamin B12: 0.28µg (4.64%), Vitamin E: 0.59mg (3.92%), Folate: 15.65µg (3.91%), Vitamin D: 0.49µg (3.24%), Vitamin C: 2.51mg (3.04%), Vitamin

B3: 0.43mg (2.14%), Vitamin K: 1.52µg (1.44%)