



Chocolate Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



669 kcal

DESSERT

Ingredients

- ☐ 7 ounces chocolate dark 70% 75% finely chopped (to cacao)
- ☐ 6 large egg yolk
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 13 tablespoons sugar divided
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 cups milk whole

Equipment

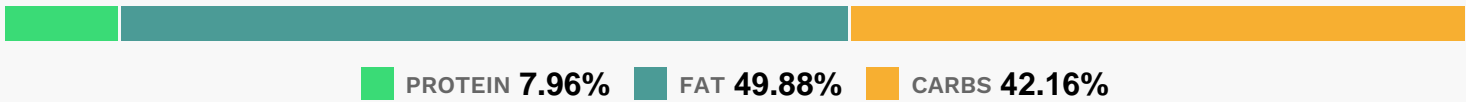
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ pastry brush

Directions

- ☐ Place chocolate in a medium metal bowl. Set bowl over a saucepan of barely simmering water. Stir chocolate until melted and smooth. Set melted chocolate aside; let cool slightly.
- ☐ Whisk milk and cocoa powder in a medium heavy saucepan over medium heat until mixture begins to boil; set aside.
- ☐ Using an electric mixer, beat egg yolks and 7 tablespoons of sugar in another medium bowl until very thick ribbons form, about 2 minutes.
- ☐ Whisking constantly, gradually add hot milk mixture to egg yolk mixture. Return mixture to saucepan.
- ☐ Add melted chocolate and whisk to blend. Stir over low heat until slightly thickened and an instant-read thermometer registers 175° about 5 minutes.
- ☐ Transfer chocolate custard to a large bowl and place over another large bowl of ice water. Stir until chocolate custard is cool.
- ☐ Bring remaining 6 tablespoons sugar and 2 tablespoons water to a boil in a small heavy, deep saucepan over medium-high heat, stirring until sugar dissolves. Boil, occasionally swirling pan and brushing down sides with a wet pastry brush (do not stir), until a dark amber color forms, about 5 minutes. Gradually whisk in cream (mixture will bubble vigorously).
- ☐ Whisk caramel into chocolate custard. Strain into a large container; cover and chill for 2 days.
- ☐ Process custard in an ice cream machine according to manufacturer's instructions.
- ☐ Transfer to another container; freeze for 3 days before eating. DO AHEAD: Ice cream can be made 3 days ahead. Keep frozen.

Nutrition Facts



Properties

Glycemic Index:32.77, Glycemic Load:33.38, Inflammation Score:-7, Nutrition Score:22.569999896314%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 669.05kcal (33.45%), Fat: 38.29g (58.9%), Saturated Fat: 20.85g (130.33%), Carbohydrates: 72.8g (24.27%), Net Carbohydrates: 64.74g (23.54%), Sugar: 57.39g (63.77%), Cholesterol: 308.34mg (102.78%), Sodium: 74.43mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 56.17mg (18.72%), Protein: 13.75g (27.5%), Manganese: 1.26mg (63.1%), Copper: 1.17mg (58.65%), Phosphorus: 436.7mg (43.67%), Iron: 7.63mg (42.39%), Magnesium: 165.83mg (41.46%), Fiber: 8.06g (32.24%), Selenium: 21.68µg (30.97%), Calcium: 238.55mg (23.86%), Vitamin B2: 0.39mg (23.2%), Vitamin B12: 1.32µg (21.98%), Zinc: 3.26mg (21.71%), Vitamin D: 2.96µg (19.71%), Potassium: 689.36mg (19.7%), Vitamin A: 803.36IU (16.07%), Vitamin B5: 1.48mg (14.81%), Folate: 40.12µg (10.03%), Vitamin B6: 0.2mg (9.81%), Vitamin B1: 0.14mg (9.24%), Vitamin E: 1.16mg (7.7%), Vitamin K: 4.82µg (4.59%), Vitamin B3: 0.82mg (4.11%)