



Chocolate Thin Mint Ice Cream



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



2

CALORIES



1356 kcal

DESSERT

Ingredients

- ☐ 28 round chocolate-covered creamy mints divided thin (1 box)
- ☐ 3 tablespoons cocoa powder
- ☐ 5 ounces chocolate dark 70% chopped fine (cacao)
- ☐ 6 egg yolk
- ☐ 3 cups half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup sugar

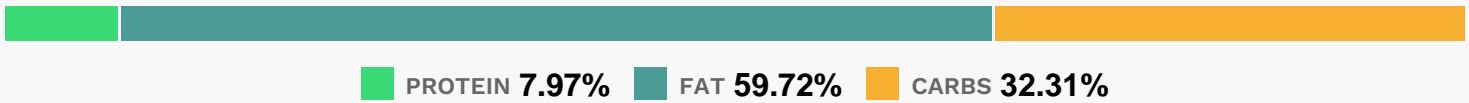
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ In a medium saucepan off heat, whisk together egg yolks and sugar until light in color and slightly thickened, 3 to 5 minutes.
- ☐ Whisk in cocoa powder until no lumps remain. Slowly add half and half, whisking constantly. Finely chop 10 Thin Mints (crumbs should be no larger than a pea) and stir into dairy.
- ☐ Put saucepan on medium-low heat and cook, whisking frequently, until custard reaches 180°F on an instant read thermometer (custard should coat the back of a spoon but a swiped finger should leave a clean line).
- ☐ Remove custard from heat and stir in chocolate, then salt to taste.
- ☐ When chocolate is fully melted and incorporated, transfer to an airtight container and chill overnight in refrigerator.
- ☐ The next day, churn in an ice cream maker according to manufacturer's instructions. Roughly chop remaining Thin Mints; chunks should range from pea to nickle-sized. In the last minute of churn, add chopped Thin Mints. Return ice cream to container and chill in freezer for at least two hours before serving.

Nutrition Facts



Properties

Glycemic Index:46.55, Glycemic Load:40.61, Inflammation Score:-9, Nutrition Score:38.814782246299%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg, Epicatechin: 14.73mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 1355.64kcal (67.78%), Fat: 92.19g (141.83%), Saturated Fat: 52.64g (329.01%), Carbohydrates: 112.23g (37.41%), Net Carbohydrates: 101.36g (36.86%), Sugar: 89.61g (99.56%), Cholesterol: 712.38mg (237.46%), Sodium: 852.25mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 73.95mg (24.65%), Protein: 27.67g (55.33%), Manganese: 1.71mg (85.26%), Phosphorus: 828.79mg (82.88%), Copper: 1.61mg (80.7%), Selenium: 48.05µg (68.64%), Iron: 11.89mg (66.06%), Vitamin B2: 1.07mg (63.07%), Magnesium: 238.03mg (59.51%), Calcium: 521.72mg (52.17%), Fiber: 10.86g (43.46%), Vitamin A: 2091.34IU (41.83%), Zinc: 5.52mg (36.81%), Potassium: 1159.89mg (33.14%), Vitamin B12: 1.94µg (32.35%), Vitamin B5: 2.98mg (29.79%), Folate: 92.13µg (23.03%), Vitamin B6: 0.41mg (20.31%), Vitamin D: 2.92µg (19.44%), Vitamin E: 2.73mg (18.18%), Vitamin B1: 0.23mg (15.59%), Vitamin K: 10.46µg (9.96%), Vitamin B3: 1.32mg (6.6%), Vitamin C: 3.27mg (3.96%)