



Chocolate Whiskey Ice Cream

 Vegetarian

READY IN



85 min.

SERVINGS



1

CALORIES



2516 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate chips mini
- ☐ 4 egg yolks
- ☐ 1.5 cups heavy cream
- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split
- ☐ 0.3 cup irish whiskey

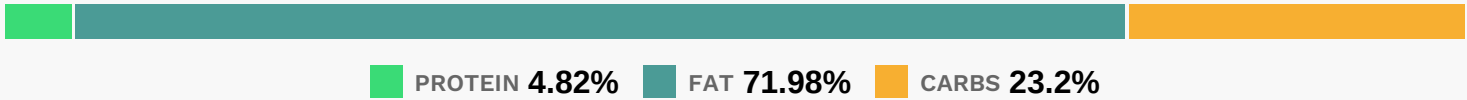
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Whisk together egg yolks, whiskey and 1/4 cup sugar in a medium bowl. Set aside.
- ☐ In a large saucepan, whisk together cream, vanilla bean, vanilla seeds and 1/4 cup of sugar. Simmer over low heat until the chocolate is melted. Temper egg yolk mixture by slowly adding hot cream mixture to the egg yolk mixture, with a ladle, a little at a time. Once egg yolk mixture is thoroughly warmed add to the saucepan with the warm cream mixture. Stir until thickened and remove from the heat.
- ☐ Strain mixture into a bowl over ice.
- ☐ Place the bowl into the refrigerator for at least 45 minutes. Once cooled, fold in the chocolate chips. Spin in an ice cream maker for 20 minutes until it reaches a soft-serve consistency.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:34.91, Inflammation Score:-10, Nutrition Score:40.05521763926%

Nutrients (% of daily need)

Calories: 2515.72kcal (125.79%), Fat: 191.96g (295.32%), Saturated Fat: 114.23g (713.95%), Carbohydrates: 139.2g (46.4%), Net Carbohydrates: 131.18g (47.7%), Sugar: 120.15g (133.5%), Cholesterol: 1192.86mg (397.62%), Sodium: 170.55mg (7.42%), Alcohol: 21.24g (100%), Alcohol %: 4% (100%), Caffeine: 73.14mg (24.38%), Protein: 28.94g (57.89%), Vitamin A: 6429.46IU (128.59%), Selenium: 58.47µg (83.53%), Phosphorus: 710.76mg (71.08%), Vitamin B2: 1.1mg (64.89%), Vitamin D: 9.6µg (64%), Manganese: 1.18mg (58.84%), Copper: 1.17mg (58.39%), Iron: 8.29mg (46.04%), Magnesium: 178.28mg (44.57%), Calcium: 433.93mg (43.39%), Vitamin E: 5.64mg (37.63%), Vitamin B12: 2.13µg (35.47%), Vitamin B5: 3.32mg (33.18%), Fiber: 8.02g (32.08%), Zinc: 4.78mg (31.89%), Folate: 119.4µg (29.85%), Potassium: 901.45mg (25.76%), Vitamin B6: 0.41mg (20.29%), Vitamin K: 18.05µg (17.19%), Vitamin B1: 0.23mg (15.34%), Vitamin B3: 0.99mg (4.94%), Vitamin C: 2.41mg (2.92%)