



Coconut Cornflake Fried Ice Cream

 Dairy Free

READY IN



240 min.

SERVINGS



5

CALORIES



4012 kcal

Ingredients

- 4 ounces bittersweet chocolate finely chopped
- 2 quarts canola oil
- 1.3 cups coconut flakes flaked
- 0.5 cup coconut milk divided
- 5 cups cornflakes crushed
- 2 large eggs
- 1 pint whipped cream (see note above)
- 1 pinch salt
- 5 servings whipped cream for garnish

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- microwave
- dutch oven

Directions

- Scoop out ice cream into 5 balls and place on a chilled pan. Freeze until solid, about 1 hour. If necessary, re-shape ice cream into balls and freeze again until solid.
- In medium bowl, stir together cornflakes, coconut, and salt. In another bowl, whisk eggs with 1 tablespoon coconut milk.
- Working one ball at a time, firmly pack cornflake mixture around ice cream ball. Dip in egg mixture and then re-roll in cornflake mixture. Freeze until completely solid, at least 3 hours.
- Just before serving, heat chocolate with remaining 1/2 cup coconut milk in saucepan or in microwave, whisking frequently, until sauce is melted and smooth.
- In large heavy duty saucepan or Dutch oven, heat oil to 365°F. Carefully drop balls in oil and fry just until golden and crisp, about 30 seconds, turning balls to fry evenly.
- Remove from oil and place on paper towel lined plate.
- Serve immediately with sauce and garnishes.

Nutrition Facts

 PROTEIN 1.13%  FAT 92.55%  CARBS 6.32%

Properties

Glycemic Index:42.6, Glycemic Load:14.25, Inflammation Score:-9, Nutrition Score:33.04869556427%

Nutrients (% of daily need)

Calories: 4011.62kcal (200.58%), Fat: 420.43g (646.82%), Saturated Fat: 58.02g (362.6%), Carbohydrates: 64.66g (21.55%), Net Carbohydrates: 57.56g (20.93%), Sugar: 33.27g (36.96%), Cholesterol: 121.96mg (40.65%), Sodium: 330.05mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 11.53g (23.06%), Vitamin E: 67.04mg (446.96%), Vitamin K: 272.06µg (259.1%), Iron: 11.46mg (63.68%), Manganese: 1.16mg (57.83%), Vitamin B2: 0.78mg (45.99%), Vitamin B12: 2.01µg (33.42%), Vitamin B6: 0.67mg (33.26%), Copper: 0.61mg (30.3%), Phosphorus: 300.22mg (30.02%), Vitamin B1: 0.45mg (30%), Folate: 119.48µg (29.87%), Fiber: 7.1g (28.38%), Vitamin B3: 5.61mg (28.06%), Magnesium: 97.94mg (24.49%), Selenium: 16.35µg (23.36%), Vitamin A: 1058.93IU (21.18%), Potassium: 573.18mg (16.38%), Calcium: 163.82mg (16.38%), Zinc: 2.4mg (15.98%), Vitamin B5: 1.22mg (12.23%), Vitamin D: 1.62µg (10.81%), Vitamin C: 7.01mg (8.5%)