



# Coconut-Piloncillo Ice Cream with Coconut Tortilla Chips and Fruit Salsa

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

DESSERT

## Ingredients

- 0.1 teaspoon kosher salt
- 1 tablespoon rum dark
- 1 large egg whites
- 3 large egg yolk
- 4 7-inch flour tortilla
- 1 tablespoon mint leaves fresh chopped
- 2 pound mangos

- 2 cups strawberries hulled quartered (from one 1-pound container)
- 9 teaspoons sugar divided
- 1 cup coconut sweetened flaked
- 3 cups coconut milk unsweetened organic canned (preferably )
- 1 vanilla pod halved lengthwise

## Equipment

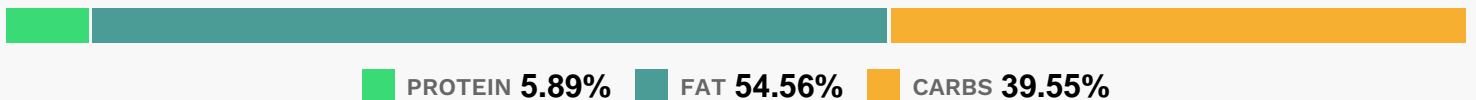
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- kitchen thermometer

## Directions

- Combine first 3 ingredients in heavy large saucepan. Scrape in seeds from vanilla bean halves; add bean. Bring to simmer over medium heat, stirring until piloncillo dissolves.
- Remove from heat. Cover and steep 30 minutes.
- Whisk egg yolks in large bowl. Gradually whisk in coconut milk mixture. Return to same saucepan. Stir over medium-low heat until slightly thickened and thermometer registers 160°F, about 4 minutes. Cool custard 1 hour, then chill at least 2 hours or cover and chill up to 1 day.
- Whisk rum into custard.
- Remove vanilla bean halves. Process custard in ice cream maker according to manufacturer's instructions.
- Transfer to container. Cover and freeze at least 6 hours and up to 2 days (ice cream will not get very hard).
- Preheat oven to 375°F. Line baking sheet with parchment paper. Using small plate as guide, cut out 6-inch round from each tortilla.
- Cut each round into 6 triangles. Reassemble into rounds on prepared sheet.
- Grind coconut and 1 teaspoon sugar in processor. Beat egg white in small bowl until foamy.

- Brush some egg white all over each reassembled tortilla.
- Sprinkle each evenly with 2 teaspoons sugar, then 2 tablespoons ground coconut mixture.
- Bake tortillas until crisp and toppings golden, about 20 minutes. Cool. Break triangles apart.  
DO AHEAD: Can be made 1 day ahead. Store in airtight container at room temperature.
- Working with 1 mango at a time, stand mango on its side.
- Cut off rounded cheek from each side of pit. Using vegetable peeler, remove skin from cheeks and rest of mango.
- Cut all mango flesh into small dice.
- Place in medium bowl.
- Add berries, mint, and 2 tablespoons sugar; toss gently to blend salsa. Use immediately or cover and refrigerate up to 2 hours.
- Scoop ice cream into center of shallow bowls. Top or surround ice cream scoops with fruit salsa.
- Garnish with coconut chips and serve.
- \* Available at many supermarkets and at Indian, Southeast Asian, and Latin markets.
- \*\* Mexican raw sugar shaped into hard cones (smaller chunks are sometimes labeled panocha); sold at Latin markets.

## Nutrition Facts



## Properties

Glycemic Index: 26.36, Glycemic Load: 15.41, Inflammation Score: -8, Nutrition Score: 18.556521664495%

## Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

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## Nutrients (% of daily need)

Calories: 451.62kcal (22.58%), Fat: 28.58g (43.97%), Saturated Fat: 23.19g (144.92%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 40.2g (14.62%), Sugar: 29.62g (32.91%), Cholesterol: 68.85mg (22.95%), Sodium: 261.06mg (11.35%), Alcohol: 0.63g (100%), Alcohol %: 0.27% (100%), Protein: 6.94g (13.87%), Vitamin C: 65.16mg (78.99%), Manganese: 1.26mg (63.11%), Vitamin A: 1349.76IU (27%), Folate: 103.92µg (25.98%), Fiber: 6.42g (25.68%), Selenium: 17.67µg (25.24%), Copper: 0.45mg (22.32%), Phosphorus: 198.53mg (19.85%), Iron: 3.01mg (16.74%), Potassium: 566.76mg (16.19%), Magnesium: 61.07mg (15.27%), Vitamin B3: 2.69mg (13.45%), Vitamin B1: 0.19mg (12.87%), Vitamin B6: 0.22mg (11.08%), Vitamin B2: 0.17mg (10.11%), Vitamin E: 1.42mg (9.5%), Calcium: 77.48mg (7.75%), Zinc: 1.11mg (7.39%), Vitamin K: 7.35µg (7%), Vitamin B5: 0.69mg (6.86%), Vitamin D: 0.34µg (2.29%), Vitamin B12: 0.13µg (2.13%)