



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



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



557 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

- ☐ 1 cup piloncillo** cones crushed finely
- ☐ 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

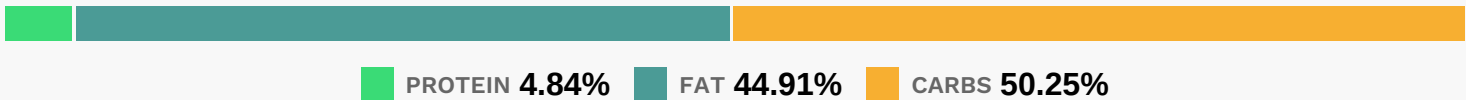
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

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 are 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:18.647826028907%

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 Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 557.24kcal (27.86%), Fat: 28.58g (43.97%), Saturated Fat: 23.19g (144.92%), Carbohydrates: 71.96g (23.99%), Net Carbohydrates: 65.54g (23.83%), Sugar: 54.97g (61.08%), Cholesterol: 68.85mg (22.95%), Sodium: 261.06mg (11.35%), Alcohol: 0.63g (100%), Alcohol %: 0.25% (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: 3.24mg (18%), 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: 85.91mg (8.59%), 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%)