



Dairy-Free Chocolate Chocolate Chip Ice Cream

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



2

CALORIES



1165 kcal

DESSERT

Ingredients

- ☐ 0.5 cup agave nectar light
- ☐ 2 Tablespoons arrowroot powder / starch
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 3 cups full-fat coconut milk canned
- ☐ 1 inch p ground cinnamon generous
- ☐ 0.3 Teaspoon coffee powder instant
- ☐ 0.1 Teaspoon salt

- ☐ 0.5 cups semi-sweet chocolate chips (pick a brand such as Enjoy Life chocolate chips to keep the recipe "free-from")
- ☐ 1 Tablespoon vanilla extract

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ stove
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a large sauce pan, combine the cocoa powder, arrowroot, coffee powder, salt, and cinnamon, distributing the dry ingredients evenly throughout.
- ☐ Pour in just about 1 cup of the coconut milk, and whisk vigorously to form a thick paste, making sure to moisten all of the dry goods and get out any lumps. Once smooth and homogeneous, go ahead and add in the remaining coconut milk, along with the agave. Turn on the stove to medium heat, and whisk occasionally as it comes up to temperature. When bubbles begin forming around the edges of the liquid, add in the chocolate chips, and just let the mixture sit for 2 minutes, to allow the chocolate to begin melting. Switch over to a wide spatula, and stir gently, scraping the bottom and sides of the pan, to make sure that nothing sticks and that the chocolate fully melts. Once the mixture comes up to a full boil, cook for just a minute or two longer, and as long as there are no more whole chocolate chips remaining, turn off the heat. Stir in the vanilla extract, and let cool completely before moving it into the refrigerator to chill. Once fully chilled, churn in your ice cream maker according to the manufacturer's instructions. When the ice cream is about 5 minutes away from finishing in the machine, melt down the chocolate chips, and slowly drizzle the liquid chocolate in a thin stream directly into the ice cream machine. It will freeze instantly on the surface of the ice cream, and the turning paddle will break it up into nice little chips.
- ☐ Transfer the ice cream into an air-tight container, and store in the freezer.
- ☐ Let solidify in the freezer for at least 3 hours before serving.

Nutrition Facts



 **PROTEIN 3.85%**  **FAT 66.96%**  **CARBS 29.19%**

Properties

Glycemic Index:101, Glycemic Load:21.3, Inflammation Score:-8, Nutrition Score:26.896087033593%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1165.11kcal (58.26%), Fat: 90.81g (139.71%), Saturated Fat: 74.63g (466.45%), Carbohydrates: 89.08g (29.69%), Net Carbohydrates: 80.95g (29.44%), Sugar: 54.48g (60.54%), Cholesterol: 2.63mg (0.88%), Sodium: 199.09mg (8.66%), Alcohol: 2.24g (100%), Alcohol %: 0.61% (100%), Caffeine: 66.28mg (22.09%), Protein: 11.74g (23.49%), Manganese: 3.74mg (187.04%), Iron: 15.58mg (86.55%), Copper: 1.72mg (86.21%), Magnesium: 288.86mg (72.22%), Phosphorus: 520.13mg (52.01%), Potassium: 1176.57mg (33.62%), Fiber: 8.13g (32.5%), Zinc: 3.82mg (25.45%), Folate: 67.99µg (17%), Vitamin B3: 3.21mg (16.04%), Vitamin C: 12.76mg (15.47%), Vitamin K: 15.95µg (15.19%), Vitamin B6: 0.25mg (12.7%), Calcium: 111.65mg (11.16%), Vitamin B1: 0.17mg (11%), Selenium: 6.18µg (8.83%), Vitamin B2: 0.14mg (8.5%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.82mg (5.46%), Vitamin B12: 0.08µg (1.31%)