



## Double Chocolate Cherry Ice Cream



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



1720 kcal

DESSERT

### Ingredients

- ☐ 8 ounces semi-sweet chocolate chips
- ☐ 1 tablespoon dairy-free buttery spread (can substitute oil)
- ☐ 14 ounce full-fat coconut milk canned (do not use milk beverage)
- ☐ 8 ounce dairy-free cream cheese alternative (Amy used Go Veggie Vegan)
- ☐ 0.3 cup agave nectar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup cherries dried chopped
- ☐ 0.3 cup mini-chocolate chips shaved

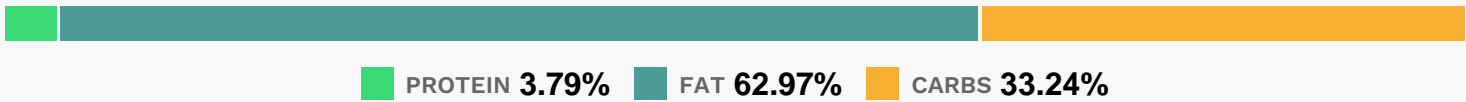
# Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ microwave
- ☐ ice cream machine

# Directions

- ☐ Put the chocolate chips and buttery spread in a medium microwave-safe bowl. Microwave on high for 1 minute. Stir until chocolate chips are completely melted. If not melted, microwave in 15 second increments stirring in between, until melted.
- ☐ Let cool for 15 to 20 minutes.
- ☐ In a large mixing bowl, use a your mixer on medium speed to beat together the coconut milk, cream cheese alternative, agave nectar and vanilla extract until fluffy.
- ☐ Whisk one third cream cheese mixture into cooled chocolate mixture. Fold the chocolate mixture into the remaining cream cheese mixture. Stir in the dried cherries and chopped chocolate or mini-chocolate chips.
- ☐ Churn the mixture in your ice cream maker as directed by manufacturer.
- ☐ Pack the ice cream in a freezer-safe container and freeze for a few hours, or until solid.
- ☐ Let defrost for a few minutes before scooping.

# Nutrition Facts



# Properties

Glycemic Index:56, Glycemic Load:8.55, Inflammation Score:-9, Nutrition Score:29.204347797062%

# Nutrients (% of daily need)

Calories: 1720.09kcal (86%), Fat: 121.12g (186.33%), Saturated Fat: 75.76g (473.48%), Carbohydrates: 143.84g (47.95%), Net Carbohydrates: 128.85g (46.85%), Sugar: 83.9g (93.22%), Cholesterol: 6.8mg (2.27%), Sodium: 1220.85mg (53.08%), Alcohol: 0.69g (100%), Alcohol %: 0.17% (100%), Caffeine: 97.52mg (32.51%), Protein: 16.38g (32.76%), Manganese: 3.03mg (151.63%), Copper: 1.86mg (93.08%), Iron: 15.54mg (86.36%), Magnesium: 291.38mg (72.85%), Fiber: 15g (59.99%), Phosphorus: 486.02mg (48.6%), Potassium: 1149.85mg (32.85%), Zinc: 4.12mg (27.48%), Calcium: 221.74mg (22.17%), Vitamin A: 1041.2IU (20.82%), Vitamin K: 18.24µg (17.37%), Vitamin E: 2.29mg (15.28%), Selenium: 9.99µg (14.28%), Vitamin B3: 2.41mg (12.06%), Folate: 36.03µg (9.01%), Vitamin C: 6.66mg (8.07%), Vitamin B6: 0.16mg (7.95%), Vitamin B1: 0.11mg (7.58%), Vitamin B5: 0.64mg (6.45%), Vitamin B2: 0.1mg (6.05%), Vitamin B12: 0.2µg (3.4%)