



Double Chocolate Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 2.5 ounces bittersweet chocolate chopped
- ☐ 3 large egg yolk
- ☐ 0.5 cup half and half
- ☐ 2.5 cups milk 2% divided reduced-fat
- ☐ 1.3 cups sugar
- ☐ 0.3 cup cocoa powder unsweetened

Equipment

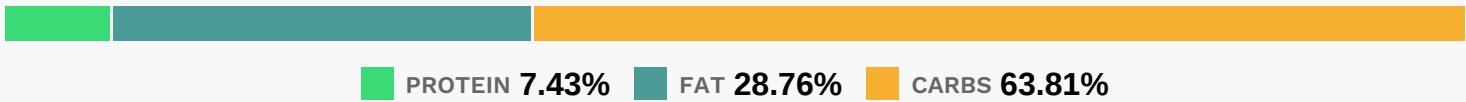
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Combine sugar and cocoa in a medium, heavy saucepan over medium-low heat. Stir in 1/2 cup milk and egg yolks. Stir in remaining 2 cups milk. Cook 12 minutes or until a thermometer registers 160, stirring constantly.
- ☐ Remove from heat.
- ☐ Place half-and-half in a microwave-safe dish; microwave at high 1 1/2 minutes or until half-and-half boils.
- ☐ Add chocolate to half-and-half; stir until smooth.
- ☐ Add half-and-half mixture to pan; stir until smooth.
- ☐ Place pan in an ice-filled bowl. Cool completely, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:23.27, Inflammation Score:-3, Nutrition Score:6.6830435408198%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 265.01kcal (13.25%), Fat: 8.88g (13.66%), Saturated Fat: 4.84g (30.25%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 42.3g (15.38%), Sugar: 40.97g (45.53%), Cholesterol: 80.58mg (26.86%), Sodium: 48.92mg

(2.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.86mg (5.29%), Protein: 5.17g (10.33%), Phosphorus: 156.42mg (15.64%), Manganese: 0.27mg (13.51%), Copper: 0.26mg (12.97%), Vitamin B2: 0.22mg (12.87%), Calcium: 123.32mg (12.33%), Magnesium: 43.42mg (10.85%), Selenium: 7.35µg (10.51%), Vitamin B12: 0.56µg (9.33%), Fiber: 2.03g (8.14%), Iron: 1.27mg (7.06%), Zinc: 1.04mg (6.94%), Potassium: 235.53mg (6.73%), Vitamin B5: 0.53mg (5.33%), Vitamin A: 225.12IU (4.5%), Folate: 14.6µg (3.65%), Vitamin B1: 0.05mg (3.34%), Vitamin B6: 0.07mg (3.26%), Vitamin D: 0.34µg (2.29%), Vitamin E: 0.28mg (1.87%), Vitamin B3: 0.24mg (1.19%), Vitamin K: 1.12µg (1.06%)