



Double Chocolate Ice Cream

 Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 2.5 ounces bittersweet chocolate chopped
- ☐ 3 large egg yolks
- ☐ 0.3 cup heavy whipping cream
- ☐ 2.5 cups milk 2% divided reduced-fat
- ☐ 1.3 cups sugar
- ☐ 0.3 cup cocoa unsweetened

Equipment

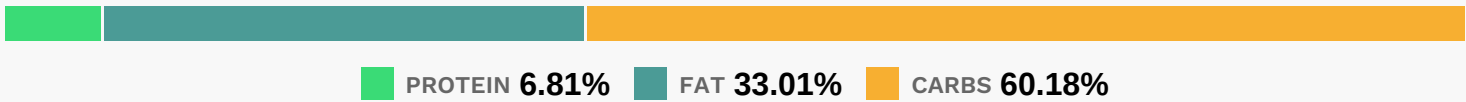
- ☐ bowl

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

Directions

- ☐ Combine sugar and cocoa in a medium, heavy saucepan over medium-low heat.
- ☐ Add 1/2 cup milk and egg yolks, stirring well. Stir in remaining 2 cups milk. Cook 12 minutes or until a thermometer registers 160, stirring constantly.
- ☐ Remove from heat.
- ☐ Place cream in a medium microwave-safe bowl; microwave at HIGH 1 1/2 minutes or until cream boils.
- ☐ Add chocolate to cream; stir until smooth.
- ☐ Add cream mixture to pan; stir until smooth.
- ☐ Place pan in a large 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:7.01, Glycemic Load:18.62, Inflammation Score:-3, Nutrition Score:5.3108695726032%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 223.13kcal (11.16%), Fat: 8.58g (13.2%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 33.55g (12.2%), Sugar: 32.51g (36.12%), Cholesterol: 69.19mg (23.06%), Sodium: 33.9mg (1.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.69mg (4.23%), Protein: 3.98g (7.96%), Phosphorus: 118.24mg (11.82%), Manganese: 0.22mg (10.81%), Copper: 0.21mg (10.37%), Vitamin B2: 0.17mg (9.79%), Calcium: 90.95mg (9.09%), Magnesium: 34.08mg (8.52%), Selenium: 5.73µg (8.19%), Vitamin B12: 0.44µg (7.29%), Fiber: 1.63g (6.51%), Iron: 1.02mg (5.66%), Zinc: 0.81mg (5.37%), Potassium: 179.99mg (5.14%), Vitamin A: 253.89IU (5.08%), Vitamin B5: 0.41mg (4.11%), Folate: 11.63µg (2.91%), Vitamin D: 0.4µg (2.68%), Vitamin B1: 0.04mg (2.54%), Vitamin B6: 0.05mg (2.44%), Vitamin E: 0.27mg (1.78%)