



## Espresso Chip Ice Cream

 Gluten Free

READY IN



400 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

### Ingredients

- 0.8 cup caramel topping
- 1 cup general foods international suisse mocha cafe chopped
- 3 egg yolks
- 0.5 cup espresso grounds at room temperature brewed
- 2 cups milk
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 2.5 cups whipping cream

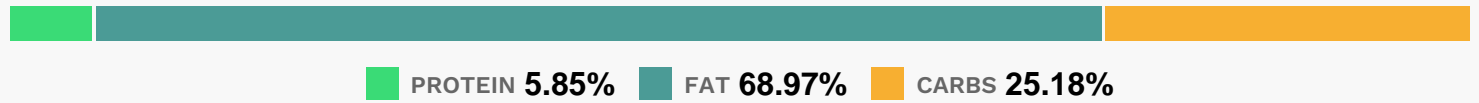
## Equipment

- frying pan
- ice cream machine

## Directions

- Stir the egg yolks, milk, and cream together in a large pan over medium heat. Continue stirring, and cook the mixture until small bubbles form around the edges of the surface, but do not boil.
- Remove from the heat, and stir in the vanilla extract, espresso, and salt. Cover, and refrigerate at least 6 hours.
- Pour the cream mixture into an ice cream maker, and freeze for 20 minutes according to manufacturer's instructions. Stir in the espresso beans. Gently fold in the caramel sauce, and continue freezing until hard.

## Nutrition Facts



## Properties

Glycemic Index:4.75, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:8.8217391423557%

## Nutrients (% of daily need)

Calories: 475.93kcal (23.8%), Fat: 36.99g (56.91%), Saturated Fat: 22.09g (138.04%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 28.8g (10.47%), Sugar: 26.38g (29.31%), Cholesterol: 167.03mg (55.68%), Sodium: 198.89mg (8.65%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Caffeine: 209.56mg (69.85%), Protein: 7.05g (14.11%), Vitamin A: 1308.54IU (26.17%), Vitamin B2: 0.34mg (20.19%), Phosphorus: 169.12mg (16.91%), Calcium: 164.91mg (16.49%), Vitamin D: 2.23µg (14.84%), Magnesium: 48.58mg (12.15%), Selenium: 8.04µg (11.49%), Vitamin B12: 0.62µg (10.3%), Potassium: 274.63mg (7.85%), Manganese: 0.15mg (7.3%), Copper: 0.14mg (7.09%), Vitamin B5: 0.68mg (6.8%), Fiber: 1.59g (6.38%), Vitamin E: 0.95mg (6.33%), Zinc: 0.87mg (5.82%), Vitamin B3: 1.01mg (5.04%), Vitamin B6: 0.1mg (4.77%), Iron: 0.85mg (4.74%), Vitamin B1: 0.06mg (4.33%), Vitamin K: 3.88µg (3.69%), Folate: 14.04µg (3.51%)