



Espresso Ice Cream

 **Gluten Free**  **Low Fod Map**

READY IN



205 min.

SERVINGS



2

CALORIES



1167 kcal

DESSERT

Ingredients

- 0.5 cup chocolate-covered espresso beans chopped
- 1 tablespoon rum / brandy / coffee liqueur (recommended: Kahlua)
- 6 extra large egg yolks
- 2.5 tablespoons ground espresso coffee beans
- 3 cups half-and-half
- 1 pinch salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- sieve
- hand mixer
- wooden spoon

Directions

- Heat the half-and-half until it forms bubbles around the edge of the pan and steam starts to rise. Meanwhile, in the bowl of an electric mixer fitted with the paddle attachment, beat the egg yolks, sugar, and salt until mixed. Slowly add the hot half-and-half until combined. Wipe out the pan and pour the mixture back into the clean pan. Cook over medium-low heat, stirring constantly with a wooden spoon, for 5 to 10 minutes, until it's thickened and the cream coats the back of the spoon.
- Pour the cream through a fine-meshed sieve into a bowl.
- Add the ground espresso beans, coffee liqueur, and vanilla and refrigerate until completely chilled.
- Pour the espresso cream into an ice-cream freezer and freeze according to the manufacturer's directions.
- Mix in the chopped espresso beans, spoon into a container, and allow to freeze for a few hours. Soften slightly before serving.

Nutrition Facts



PROTEIN 7.93% FAT 53.26% CARBS 38.81%

Properties

Glycemic Index:35.05, Glycemic Load:46.54, Inflammation Score:-8, Nutrition Score:24.501739149508%

Nutrients (% of daily need)

Calories: 1167.06kcal (58.35%), Fat: 69.04g (106.22%), Saturated Fat: 37.06g (231.62%), Carbohydrates: 113.19g (37.73%), Net Carbohydrates: 110g (40%), Sugar: 103.65g (115.17%), Cholesterol: 715.78mg (238.59%), Sodium:

278.8mg (12.12%), Alcohol: 2.32g (100%), Alcohol %: 0.54% (100%), Caffeine: 369.09mg (123.03%), Protein: 23.14g (46.29%), Vitamin B2: 1.12mg (65.7%), Selenium: 43.45µg (62.07%), Phosphorus: 612.95mg (61.29%), Calcium: 501.47mg (50.15%), Vitamin A: 2063.7IU (41.27%), Vitamin B12: 1.74µg (29.05%), Vitamin B5: 2.71mg (27.1%), Folate: 91µg (22.75%), Zinc: 3.23mg (21.52%), Magnesium: 84.72mg (21.18%), Potassium: 687.67mg (19.65%), Vitamin D: 2.92µg (19.44%), Vitamin B6: 0.39mg (19.36%), Vitamin E: 2.4mg (15.99%), Copper: 0.32mg (15.98%), Iron: 2.84mg (15.77%), Vitamin B1: 0.21mg (14.12%), Manganese: 0.28mg (13.89%), Fiber: 3.19g (12.75%), Vitamin K: 7.6µg (7.24%), Vitamin C: 3.27mg (3.96%), Vitamin B3: 0.66mg (3.31%)