

Espresso Ice Cream

 Gluten Free

READY IN



380 min.

SERVINGS



2

CALORIES



1684 kcal

DESSERT

Ingredients

- ☐ 2 servings general foods international suisse mocha cafe for topping
- ☐ 0.5 cup espresso grounds (5 shots)
- ☐ 2 cups heavy whipping cream
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 servings whipped cream

Equipment

- ☐ measuring cup

☐ ice cream machine

Directions

- ☐ In a large measuring cup, mix together the heavy cream, sweetened condensed milk, espresso and vanilla extract. Refrigerate until well chilled, about 1 hour.
- ☐ Once the mixture is thoroughly chilled, turn on your ice cream machine and pour in the cream mixture. Churn until the mixture looks slushy like soft serve, 12 to 15 minutes.
- ☐ Place the canister in the freezer until the ice cream is firm enough to scoop, for several hours.
- ☐ Serve with whipped cream and chocolate covered espresso beans.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:66.26, Inflammation Score:-10, Nutrition Score:29.373913350313%

Nutrients (% of daily need)

Calories: 1684.38kcal (84.22%), Fat: 116.62g (179.42%), Saturated Fat: 72.52g (453.24%), Carbohydrates: 140.49g (46.83%), Net Carbohydrates: 137.49g (50%), Sugar: 132.45g (147.16%), Cholesterol: 346.17mg (115.39%), Sodium: 335.07mg (14.57%), Alcohol: 0.17g (100%), Alcohol %: 0.04% (100%), Caffeine: 460.68mg (153.56%), Protein: 25.72g (51.44%), Vitamin B2: 1.49mg (87.54%), Vitamin A: 4069.55IU (81.39%), Calcium: 767.96mg (76.8%), Phosphorus: 703.61mg (70.36%), Selenium: 37.71µg (53.88%), Magnesium: 158.98mg (39.74%), Potassium: 1176.55mg (33.62%), Vitamin D: 4.23µg (28.19%), Vitamin B5: 2.17mg (21.73%), Vitamin B12: 1.27µg (21.19%), Zinc: 3.02mg (20.11%), Vitamin B3: 3.88mg (19.4%), Vitamin E: 2.64mg (17.62%), Vitamin B1: 0.24mg (15.75%), Copper: 0.31mg (15.58%), Manganese: 0.27mg (13.41%), Fiber: 3g (12%), Vitamin K: 11.34µg (10.8%), Vitamin B6: 0.2mg (10.17%), Iron: 1.78mg (9.86%), Folate: 33.32µg (8.33%), Vitamin C: 6.71mg (8.13%)