



German Chocolate Cake Ice Cream

 Gluten Free

READY IN



385 min.

SERVINGS



6

CALORIES



1015 kcal

DESSERT

Ingredients

- ☐ 1 box german chocolate
- ☐ 3 cups whipping cream
- ☐ 1 cup milk whole
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup milk chocolate chips
- ☐ 8 egg yolk
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

☐ 15.5 oz betty rich & creamy coconut pecan frosting

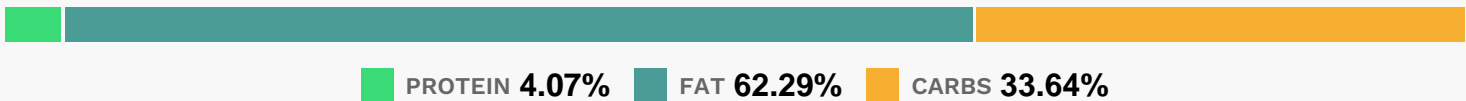
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Prepare and bake cake mix according to package directions for 13x9-inch cake; cool completely.
- ☐ Cut enough cake into 1-inch cubes to make 1 cup; reserve remaining cake for another use.
- ☐ In 2-quart saucepan, heat half-and-half, milk, cocoa and chocolate chips to simmering over medium heat, stirring with whisk until chocolate is melted.
- ☐ Remove from heat.
- ☐ In large bowl, beat egg yolks with whisk until lightened. Gradually add sugar, beating until blended. Gradually add warm milk mixture, stirring until combined. Return mixture to saucepan. Cook over low heat, stirring constantly, until mixture thickens, coats back of spoon and reaches 170°F.
- ☐ Remove from heat; stir in vanilla. Cool 30 minutes. Refrigerate until cold, at least 3 hours or up to 24 hours.
- ☐ Pour mixture into ice-cream freezer and freeze according to manufacturer's directions. Meanwhile, place cake pieces on cookie sheet; freeze 20 to 30 minutes.
- ☐ Stir cake pieces into ice cream; swirl in frosting.
- ☐ Transfer to freezer container. Cover; freeze 2 hours or until serving time.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:23.99, Inflammation Score:-8, Nutrition Score:15.790869531424%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 1015.48kcal (50.77%), Fat: 71.87g (110.57%), Saturated Fat: 38.94g (243.38%), Carbohydrates: 87.32g (29.11%), Net Carbohydrates: 83.72g (30.44%), Sugar: 74.09g (82.32%), Cholesterol: 398.55mg (132.85%), Sodium: 203.31mg (8.84%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Caffeine: 10.99mg (3.66%), Protein: 10.56g (21.13%), Vitamin A: 2164.19IU (43.28%), Manganese: 0.7mg (34.75%), Selenium: 20.5µg (29.28%), Phosphorus: 284.94mg (28.49%), Vitamin B2: 0.44mg (25.82%), Vitamin D: 3.65µg (24.32%), Calcium: 182.71mg (18.27%), Vitamin E: 2.54mg (16.92%), Copper: 0.31mg (15.37%), Vitamin B12: 0.88µg (14.63%), Fiber: 3.6g (14.39%), Magnesium: 52.25mg (13.06%), Vitamin B5: 1.3mg (12.99%), Potassium: 439.28mg (12.55%), Zinc: 1.63mg (10.89%), Folate: 42.79µg (10.7%), Iron: 1.86mg (10.36%), Vitamin B6: 0.19mg (9.53%), Vitamin B1: 0.12mg (7.88%), Vitamin K: 7.07µg (6.74%), Vitamin B3: 0.39mg (1.93%), Vitamin C: 0.86mg (1.04%)