



Hot-Cocoa Affogato with Peppermint Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



545 kcal

SIDE DISH

Ingredients

- ☐ 5 ounces bittersweet chocolate 72% chopped (do not exceed cacao)
- ☐ 8 small candy canes
- ☐ 0.3 cup natural cocoa powder unsweetened loosely packed ()
- ☐ 1 tablespoon dark-roast coffee beans finely
- ☐ 1 cup heavy cream chilled divided
- ☐ 2 pints mint chip ice cream
- ☐ 1 large pinch kosher salt

- ☐ 0.3 cup sugar
- ☐ 1 vanilla pod split
- ☐ 3 cups milk whole

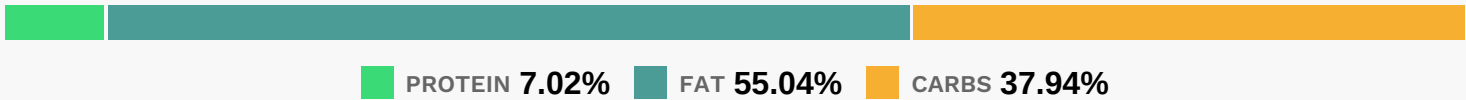
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine milk, 1/2 cup cream, sugar, salt, and 1/4 cup water in a large heavy saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a boil, stirring to dissolve sugar.
- ☐ Add chocolate and cocoa powder; whisk until chocolate melts and mixture just comes to a boil. DO AHEAD: Cocoa can be made 1 day ahead.
- ☐ Let cool; cover and chill. Bring to a simmer before continuing.
- ☐ Whisk remaining 1/2 cup cream and ground coffee in a small bowl until firm peaks form. DO AHEAD: Whipped cream can be made 2 hours ahead. Cover and chill. Rewhisk if needed before using.
- ☐ Remove vanilla bean from hot cocoa; discard.
- ☐ Transfer cocoa to a blender and purée until thick and foamy, about 2 minutes.
- ☐ Scoop ice cream into tea cups; pour hot cocoa into cups, dividing evenly. Top each with a small dollop of coffee whipped cream.
- ☐ Garnish with a small candy cane, if desired.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:23.97, Inflammation Score:-7, Nutrition Score:13.061739252961%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 545.23kcal (27.26%), Fat: 34.08g (52.43%), Saturated Fat: 20.77g (129.81%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 49.28g (17.92%), Sugar: 45.23g (50.26%), Cholesterol: 97.71mg (32.57%), Sodium: 144.89mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 9.77g (19.55%), Phosphorus: 306.25mg (30.62%), Calcium: 299.25mg (29.93%), Vitamin B2: 0.49mg (28.53%), Vitamin A: 1092.43IU (21.85%), Magnesium: 78.69mg (19.67%), Copper: 0.39mg (19.45%), Manganese: 0.39mg (19.3%), Vitamin B12: 1.03µg (17.25%), Potassium: 556.02mg (15.89%), Fiber: 3.57g (14.29%), Zinc: 1.98mg (13.18%), Vitamin B5: 1.17mg (11.67%), Vitamin D: 1.72µg (11.46%), Iron: 1.76mg (9.77%), Selenium: 6.81µg (9.73%), Vitamin B1: 0.11mg (7.61%), Vitamin B6: 0.13mg (6.66%), Vitamin E: 0.78mg (5.22%), Vitamin K: 2.95µg (2.81%), Vitamin B3: 0.48mg (2.39%), Folate: 8.25µg (2.06%), Vitamin C: 0.89mg (1.08%)