



Ice Cream Bonbons

READY IN



30 min.

SERVINGS



30

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 1 cup chocolate wafers such as nabisco famous crushed finely
- ☐ 10 ounces extra-dark chocolate finely chopped
- ☐ 2 ounces chocolate from a bar white chopped
- ☐ 1 pint coffee ice cream
- ☐ 30 servings flaky sea salt for sprinkling

Equipment

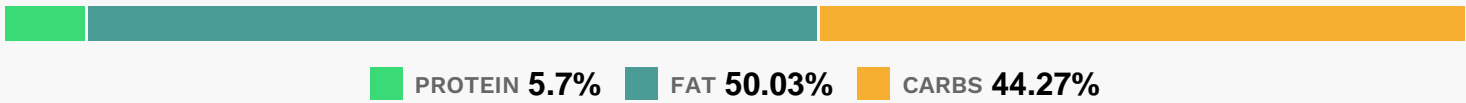
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ wax paper
- ☐ ice cream scoop
- ☐ skewers

Directions

- ☐ In a medium heatproof bowl set over a pan of simmering water, melt the dark and white chocolates together.
- ☐ Scrape into a smaller bowl and let cool slightly.
- ☐ Put the crushed cookies on a small plate. Line 2 baking sheets with wax paper and place one in the freezer. Fill a cup with ice water.
- ☐ Working very quickly, scoop a 1-tablespoon-size scoop of ice cream, packing it tightly.
- ☐ Transfer it to the melted chocolate. Using a skewer, poke the rounded top of the ice cream and coat the ball in the chocolate. Lift the bonbon, allowing the excess chocolate to drip into the bowl. Dip the bottom of the bonbon in the cookie crumbs and set on the baking sheet.
- ☐ Sprinkle salt on top.
- ☐ Let stand for 10 seconds, then transfer the bonbon to the baking sheet in the freezer. Repeat to form the remaining bonbons; dip the ice cream scoop in the ice water between scoops. Freeze the bonbons until firm, 30 minutes, then serve.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:6.45, Inflammation Score:-2, Nutrition Score:3.4278260786896%

Nutrients (% of daily need)

Calories: 133.49kcal (6.67%), Fat: 7.49g (11.52%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.5g (4.91%), Sugar: 9.68g (10.75%), Cholesterol: 7.78mg (2.59%), Sodium: 255.74mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.35mg (2.78%), Protein: 1.92g (3.84%), Manganese: 0.24mg (12.04%), Copper: 0.21mg (10.42%), Iron: 1.46mg (8.12%), Magnesium: 28.17mg (7.04%), Phosphorus: 59.4mg (5.94%), Fiber: 1.41g (5.65%), Vitamin B2: 0.07mg (4.21%), Zinc: 0.52mg (3.48%), Potassium: 120.96mg (3.46%), Calcium: 33.41mg (3.34%), Selenium: 1.46µg (2.09%), Vitamin B3: 0.36mg (1.79%), Vitamin B1: 0.03mg (1.79%),

Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 71.6IU (1.43%), Vitamin E: 0.18mg (1.19%), Folate: 4.63µg (1.16%), Vitamin K: 1.1µg (1.05%)