



Malt chocolate ice cream with Oreo cookie crunch

READY IN



120 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 750 ml milk
- ☐ 250 ml double cream
- ☐ 6 egg yolk
- ☐ 140 g sugar
- ☐ 85 g chocolate chopped
- ☐ 25 g chocolate plain chopped
- ☐ 140 g ovaltine classic
- ☐ 154 g oreo cookies

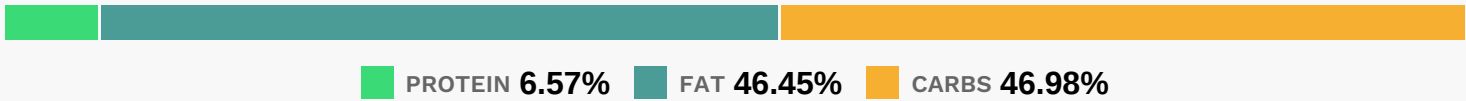
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Bring the milk and cream to a simmer in a pan. Meanwhile, whisk the egg yolks and sugar until combined.
- ☐ Pour the milk onto the eggs, stirring well.
- ☐ Pour this back into a cleaned-out saucepan and slowly heat through for about 10 mins, stirring all the time. Dont allow the liquid to simmer. It should thicken as it heats up and is ready when its thick enough to coat the back of a wooden spoon.
- ☐ Pour the hot custard mix over the chocolate in a bowl and allow it to melt.
- ☐ Add the Ovaltine and whisk until smooth.
- ☐ Cool, then churn in an ice-cream machine. As it thickens, add the biscuits. Freeze. When ready to eat, serve with White chocolate sauce (below).

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:17.15, Inflammation Score:-5, Nutrition Score:12.65608695279%

Nutrients (% of daily need)

Calories: 504.77kcal (25.24%), Fat: 26.85g (41.31%), Saturated Fat: 14.56g (91.02%), Carbohydrates: 61.1g (20.37%), Net Carbohydrates: 59g (21.45%), Sugar: 52.34g (58.15%), Cholesterol: 192.93mg (64.31%), Sodium: 152.57mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.44mg (3.81%), Protein: 8.55g (17.09%), Calcium: 244.23mg (24.42%), Phosphorus: 221.7mg (22.17%), Vitamin B2: 0.36mg (20.93%), Selenium: 12.16µg (17.38%), Iron: 3.12mg (17.32%), Manganese: 0.33mg (16.72%), Vitamin A: 814.15IU (16.28%), Copper: 0.32mg (15.92%), Zinc: 2.33mg

(15.51%), Vitamin D: 2.3µg (15.3%), Vitamin B6: 0.29mg (14.33%), Vitamin B12: 0.84µg (13.93%), Magnesium: 48.34mg (12.08%), Potassium: 323.88mg (9.25%), Vitamin B5: 0.91mg (9.12%), Folate: 33.82µg (8.46%), Vitamin B1: 0.13mg (8.43%), Fiber: 2.1g (8.41%), Vitamin E: 1.2mg (8.03%), Vitamin K: 7.69µg (7.32%), Vitamin C: 4.97mg (6.02%), Vitamin B3: 0.75mg (3.76%)