



## Maple-Bacon Ice Cream

READY IN



170 min.

SERVINGS



4

CALORIES



982 kcal

### Ingredients

- 3 slices bacon
- 2 teaspoons bourbon
- 1 teaspoon peppermint flavoring
- 1 cup maple syrup
- 0.3 cup milk chocolate chips
- 1 cup sugar
- 2 cups whipping cream
- 1 cup milk whole

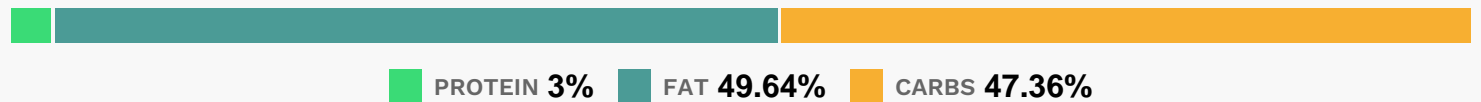
### Equipment

- bowl
- frying pan
- paper towels
- whisk
- microwave

## Directions

- In 10-inch skillet, cook bacon until crisp; drain on paper towels.
- In small microwavable bowl, microwave chocolate chips uncovered on High about 30 seconds; stir until melted and smooth. Coat 1 side of each bacon slice with chocolate; let stand until set.
- Meanwhile, in medium bowl, stir half-and-half, milk, syrup, sugar, maple flavor and bourbon with whisk.
- Pour into ice-cream freezer and freeze according to manufacturers directions.
- Cut chocolate-coated bacon into small pieces; stir into ice cream.
- Transfer to freezer container. Cover; freeze 2 hours or until serving time.

## Nutrition Facts



## Properties

Glycemic Index:39.9, Glycemic Load:55.79, Inflammation Score:-7, Nutrition Score:15.819565265075%

## Nutrients (% of daily need)

Calories: 981.88kcal (49.09%), Fat: 54.83g (84.36%), Saturated Fat: 32.71g (204.42%), Carbohydrates: 117.71g (39.24%), Net Carbohydrates: 117.71g (42.8%), Sugar: 110.97g (123.3%), Cholesterol: 152.68mg (50.89%), Sodium: 172.31mg (7.49%), Alcohol: 0.83g (100%), Alcohol %: 0.31% (100%), Protein: 7.46g (14.93%), Manganese: 1.86mg (92.97%), Vitamin B2: 1.35mg (79.6%), Vitamin A: 1854.22IU (37.08%), Calcium: 250.68mg (25.07%), Vitamin D: 2.64µg (17.61%), Phosphorus: 154.49mg (15.45%), Potassium: 451.54mg (12.9%), Selenium: 8.35µg (11.92%), Vitamin B1: 0.16mg (10.45%), Vitamin B12: 0.6µg (10.04%), Zinc: 1.3mg (8.67%), Magnesium: 34.53mg (8.63%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.62mg (6.23%), Vitamin B6: 0.12mg (6.14%), Vitamin B3: 0.87mg (4.35%), Vitamin K: 3.99µg (3.8%), Iron: 0.3mg (1.67%), Copper: 0.02mg (1.23%), Folate: 4.76µg (1.19%)