



## Maple Mocha Vegan Ice Cream



Gluten Free



Dairy Free



Low Fod Map

READY IN



370 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup maple syrup
- ☐ 13.5 ounce regular canned
- ☐ 1 pinch salt
- ☐ 4 ounces semi-sweet chocolate chips dark 70% chopped (I used Scharffen Berger Bars)
- ☐ 2 tablespoons strong coffee decoction
- ☐ 0.5 teaspoon vanilla extract

### Equipment

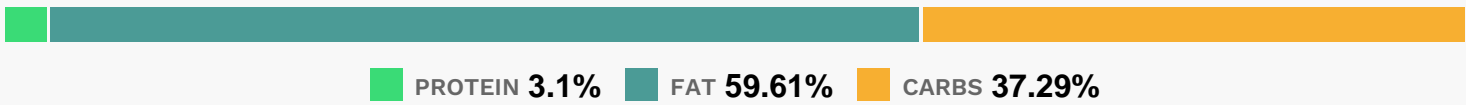
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

## Directions

- ☐ Place the coconut milk, maple syrup, and coffee in a small saucepan, and heat while stirring until hot, but not quite boiling.
- ☐ Remove it from the heat, stir in the vanilla and salt.
- ☐ Place the chocolate in a bowl, and pour on enough of the hot coconut milk mixture to just cover the chocolate. Allow the chocolate to sit for a couple of minutes, then whisk virorously, until the chocolate is melted and smooth.
- ☐ Add the chocolate to the rest of the coconut milk mixture and stir until well-combined.Chill in the refrigerator for 2 to 3 hours, or overnight.Churn in your pre-chilled ice cream maker, according to the manufacturer’s directions.Pack the ice cream into a chilled dish with tight fitting lid and place it in the freezer to firm up.

## Nutrition Facts



## Properties

Glycemic Index:6.08, Glycemic Load:6.6, Inflammation Score:-2, Nutrition Score:9.2534784130428%

## Nutrients (% of daily need)

Calories: 329.6kcal (16.48%), Fat: 22.42g (34.5%), Saturated Fat: 17.62g (110.14%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 28.65g (10.42%), Sugar: 25.19g (27.99%), Cholesterol: 1.13mg (0.38%), Sodium: 20.46mg (0.89%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Caffeine: 18.23mg (6.08%), Protein: 2.62g (5.25%), Manganese: 1.45mg (72.69%), Vitamin B2: 0.35mg (20.83%), Copper: 0.41mg (20.29%), Magnesium: 62.69mg (15.67%), Iron: 2.27mg (12.62%), Fiber: 2.92g (11.66%), Phosphorus: 113.09mg (11.31%), Potassium: 338.2mg (9.66%), Selenium: 5.54µg (7.92%), Zinc: 1.12mg (7.45%), Calcium: 51.31mg (5.13%), Vitamin B3: 0.68mg (3.38%), Vitamin B1: 0.04mg (2.74%), Folate: 10.3µg (2.58%), Vitamin C: 1.79mg (2.16%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.03mg (1.38%), Vitamin E: 0.21mg (1.38%), Vitamin K: 1.43µg (1.36%)