



## Marvelous Mint Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



909 kcal

DESSERT

### Ingredients

- ☐ 6 large egg yolk
- ☐ 2 cups mint leaves fresh loosely packed
- ☐ 1 cup cup heavy whipping cream
- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 0.8 cup sugar
- ☐ 2 cups milk whole

### Equipment

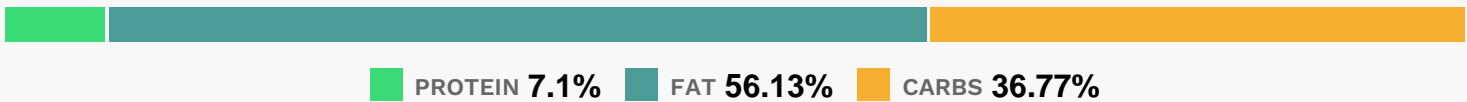
- ☐ bowl

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

## Directions

- ☐ In large bowl, whisk together egg yolks and 1/2 cup sugar.
- ☐ In heavy medium saucepan over moderately low heat, stir together milk, remaining 1/4 cup sugar, and mint.
- ☐ Heat until steaming but not boiling, then remove from heat.
- ☐ Ladle about 1/2 cup hot milk mixture into egg yolk mixture, whisking constantly to prevent eggs from cooking, then slowly stir the egg mixture back into the hot milk, whisking constantly.
- ☐ Place over low heat, and cook, stirring constantly, until mixture thickens enough to coat back of spoon (finger drawn across spoon will leave clear path), 5 to 6 minutes total (do not let boil or custard will curdle). Strain through fine-mesh sieve into large bowl, pressing on and then discarding solids.
- ☐ Whisk in heavy cream. Cover and chill until cold, at least 6 hours or overnight.
- ☐ Process custard in ice cream maker, adding chopped chocolate during last minute of churning.
- ☐ Transfer to airtight container and freeze until hard, about 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:36.03, Glycemic Load:37.79, Inflammation Score:-9, Nutrition Score:25.693913169529%

## Flavonoids

Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin:

1.62mg Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg, Luteolin: 3.8mg

Nutrients (% of daily need)

Calories: 909.17kcal (45.46%), Fat: 57.78g (88.89%), Saturated Fat: 32.92g (205.75%), Carbohydrates: 85.15g (28.38%), Net Carbohydrates: 79.73g (28.99%), Sugar: 74.11g (82.34%), Cholesterol: 478.63mg (159.54%), Sodium: 113.13mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 16.43g (32.87%), Vitamin A: 3213.3IU (64.27%), Phosphorus: 463.08mg (46.31%), Manganese: 0.88mg (44.08%), Selenium: 27.99µg (39.98%), Calcium: 393.14mg (39.31%), Vitamin B2: 0.66mg (38.88%), Vitamin D: 4.89µg (32.63%), Copper: 0.61mg (30.52%), Magnesium: 117.3mg (29.33%), Vitamin B12: 1.74µg (28.94%), Iron: 4.95mg (27.47%), Folate: 87.01µg (21.75%), Fiber: 5.42g (21.7%), Potassium: 742.45mg (21.21%), Vitamin B5: 2.04mg (20.4%), Zinc: 2.98mg (19.86%), Vitamin B6: 0.3mg (14.88%), Vitamin B1: 0.2mg (13.57%), Vitamin E: 1.91mg (12.74%), Vitamin C: 10.02mg (12.14%), Vitamin K: 5.99µg (5.7%), Vitamin B3: 1.06mg (5.29%)