



Mexican Chocolate Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2990 kcal

DESSERT

Ingredients

- 11 oz chocolate coarsely chopped ()
- 3 large eggs
- 3.8 cups half and half
- 0.3 teaspoon salt
- 0.5 vanilla pod

Equipment

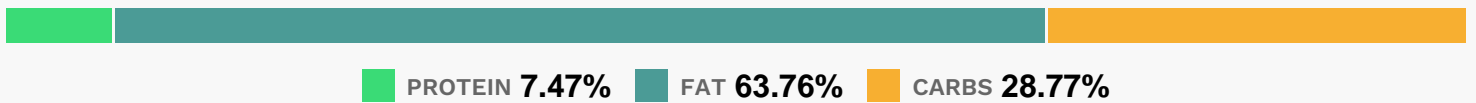
- bowl
- sauce pan

- whisk
- sieve
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Halve vanilla bean lengthwise and scrape seeds into a 3-quart heavy saucepan.
- Add chocolate and half-and-half and bring to a boil over moderate heat, whisking.
- Remove from heat.
- Lightly beat eggs with salt in a bowl, then add hot chocolate mixture in a slow stream, whisking.
- Transfer custard to cleaned saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until custard registers 175°F on thermometer, 1 to 5 minutes. Immediately pour through a fine-mesh sieve into a metal bowl. Put bowl in a larger bowl of ice and cold water and cool, stirring occasionally.
- Freeze custard in ice cream maker.
- Transfer ice cream to an airtight container and freeze until hardened, about 1 hour.
- Ice cream keeps 4 days.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:72.93, Inflammation Score:-10, Nutrition Score:57.880434989929%

Nutrients (% of daily need)

Calories: 2990.25kcal (149.51%), Fat: 225.65g (347.16%), Saturated Fat: 131.11g (819.44%), Carbohydrates: 229.08g (76.36%), Net Carbohydrates: 211.93g (77.07%), Sugar: 198.57g (220.64%), Cholesterol: 875.63mg (291.88%), Sodium: 1397.84mg (60.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 205.82mg (68.61%), Protein: 59.47g (118.93%), Vitamin B2: 3.19mg (187.91%), Phosphorus: 1617.54mg (161.75%), Selenium: 83.82µg (119.75%), Magnesium: 461.15mg (115.29%), Calcium: 1130.23mg (113.02%), Copper: 1.98mg (99.01%), Vitamin A: 4022.55IU

(80.45%), Manganese: 1.59mg (79.65%), Fiber: 17.15g (68.61%), Zinc: 10.15mg (67.69%), Potassium: 2309.37mg (65.98%), Iron: 11.69mg (64.95%), Vitamin B5: 5.14mg (51.44%), Vitamin B12: 3.06µg (50.99%), Vitamin B6: 0.84mg (42.14%), Vitamin E: 4.65mg (31.03%), Vitamin K: 31.89µg (30.37%), Folate: 107.08µg (26.77%), Vitamin B1: 0.39mg (26.31%), Vitamin D: 3µg (20%), Vitamin B3: 3.19mg (15.96%), Vitamin C: 8.17mg (9.9%)