



## Mexican Chocolate Ice Cream

 Gluten Free

READY IN



360 min.

SERVINGS



12

CALORIES



349 kcal

DESSERT

## Ingredients

- ☐ 9 ounces mexican chocolate coarsely chopped (such as Ibarra; see Notes)
- ☐ 2 cinnamon sticks
- ☐ 5 egg yolks
- ☐ 2 cups heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 ounces chocolate unsweetened coarsely chopped
- ☐ 0.5 vanilla pod

- ☐ 2 cups milk whole

## Equipment

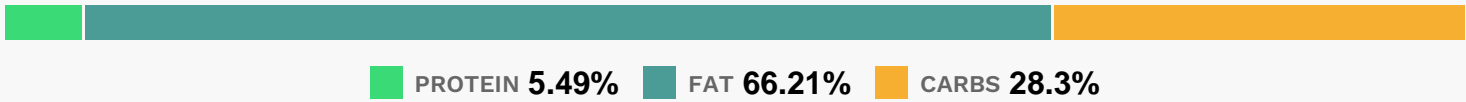
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ stove
- ☐ ice cream machine

## Directions

- ☐ Split vanilla bean lengthwise and scrape out seeds. In a 4-qt. saucepan over medium heat, bring cream, milk, Mexican chocolate, unsweetened chocolate, cinnamon sticks, and vanilla seeds and pod to a simmer.
- ☐ Remove cream mixture from heat and let steep 20 minutes. Meanwhile, put egg yolks, sugar, and salt in the bowl of a standing mixer and whisk at medium-high speed until egg mixture is thick and pale yellow, 2 to 3 minutes.
- ☐ Return cream mixture to medium heat and bring just to a simmer.
- ☐ Remove from heat and pour through a strainer into a clean bowl; discard cinnamon sticks and vanilla pod. With mixer running on medium speed, pour 1/2 cup cream mixture into egg mixture. Slowly drizzle in remaining cream mixture, continuing to mix as you go.
- ☐ Pour this custard into saucepan. Return to stove and cook over low to medium-low heat, stirring with a wooden spoon, until custard thickens a bit and reaches 170 on a thermometer.
- ☐ Pour custard into a bowl and set in an ice bath (a larger bowl of ice and cold water).
- ☐ Let cool, stirring occasionally, 10 minutes. Cover with plastic wrap and chill for at least 1 hour and up to 1 day.
- ☐ Freeze custard in an ice cream maker according to manufacturer's instructions.

Transfer to an airtight plastic container and freeze until hardened, at least 5 hours.

# Nutrition Facts



## Properties

Glycemic Index:12.97, Glycemic Load:11.52, Inflammation Score:-5, Nutrition Score:8.0713043705277%

## Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

## Nutrients (% of daily need)

Calories: 348.9kcal (17.45%), Fat: 27.42g (42.18%), Saturated Fat: 16.4g (102.47%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 24.11g (8.77%), Sugar: 22.47g (24.97%), Cholesterol: 130.7mg (43.57%), Sodium: 82.89mg (3.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.81mg (5.94%), Protein: 5.11g (10.23%), Manganese: 0.41mg (20.52%), Vitamin A: 758.85IU (15.18%), Copper: 0.29mg (14.4%), Phosphorus: 143.86mg (14.39%), Vitamin B2: 0.23mg (13.4%), Magnesium: 47.86mg (11.96%), Selenium: 7.21µg (10.3%), Calcium: 101.71mg (10.17%), Vitamin D: 1.49µg (9.91%), Iron: 1.71mg (9.48%), Fiber: 2.26g (9.05%), Zinc: 1.22mg (8.13%), Vitamin B12: 0.43µg (7.16%), Potassium: 210.43mg (6.01%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.67mg (4.44%), Vitamin B6: 0.08mg (3.81%), Vitamin B1: 0.06mg (3.68%), Folate: 14.53µg (3.63%), Vitamin K: 3.42µg (3.26%), Vitamin B3: 0.28mg (1.42%)