



Mint Chocolate Chip Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

Ingredients

- 4 ounces bittersweet chocolate coarsely chopped
- 0.5 cup egg substitute
- 2 cups evaporated milk fat-free
- 1 cup milk fat-free
- 0.5 teaspoon peppermint extract

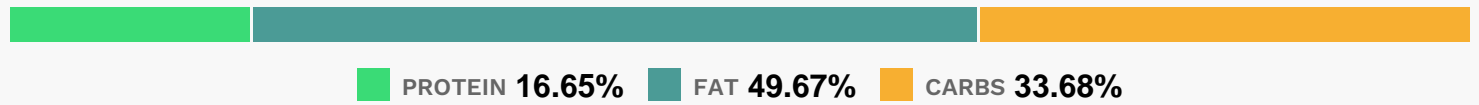
Equipment

- bowl
- blender

Directions

- Combine first 5 ingredients and food coloring, if desired, in a large bowl; beat with a mixer at medium speed until well blended. Stir in chocolate.
- Pour mixture into the freezer can of a 2-quart ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.
- carbo rating: 14

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:5.0982609183892%

Nutrients (% of daily need)

Calories: 123.64kcal (6.18%), Fat: 6.81g (10.48%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 9.63g (3.5%), Sugar: 8.94g (9.93%), Cholesterol: 13.36mg (4.45%), Sodium: 73.75mg (3.21%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.14g (10.28%), Calcium: 149.75mg (14.97%), Phosphorus: 138.89mg (13.89%), Vitamin B2: 0.2mg (11.93%), Selenium: 6.3µg (9%), Magnesium: 30.68mg (7.67%), Potassium: 236.48mg (6.76%), Manganese: 0.13mg (6.47%), Copper: 0.13mg (6.37%), Vitamin B5: 0.54mg (5.35%), Zinc: 0.76mg (5.09%), Iron: 0.88mg (4.86%), Vitamin B12: 0.24µg (3.94%), Vitamin A: 169.25IU (3.39%), Vitamin B1: 0.05mg (3.08%), Fiber: 0.76g (3.02%), Vitamin D: 0.43µg (2.84%), Vitamin B6: 0.05mg (2.47%), Vitamin E: 0.28mg (1.88%), Folate: 5.37µg (1.34%), Vitamin C: 0.85mg (1.03%)