



Mint Chocolate Chip Ice Cream

READY IN



375 min.

SERVINGS



6

CALORIES



1668 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 4 ounces bittersweet chocolate
- ☐ 1 cup morsel chocolate chips mini
- ☐ 3 tablespoons plus
- ☐ 2 large eggs
- ☐ 2 teaspoons espresso powder
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon food coloring green
- ☐ 2 cups heavy whipping cream chilled

- ☐ 6 servings fudge sauce hot
- ☐ 6 servings chocolate shaved
- ☐ 1.5 teaspoons peppermint extract
- ☐ 4 ounces bittersweet chocolate
- ☐ 1 cup sugar
- ☐ 2 cups condensed milk sweetened chilled
- ☐ 0.5 teaspoon salt
- ☐ 2 sticks butter unsalted softened
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings whipped cream

Equipment

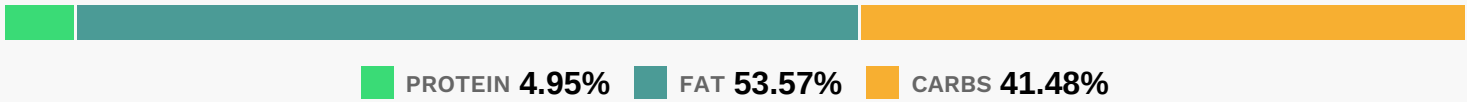
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ plastic wrap
- ☐ hand mixer
- ☐ measuring cup
- ☐ ice cream machine

Directions

- ☐ Watch how to make this recipe.

- ☐ Mix the milk, cream, peppermint extract and green food coloring together in a large liquid measuring cup and refrigerate until cold. Turn your ice cream machine on and pour in the cream mixture. Churn until the mixture looks slushy like soft serve, about 12 to 15 minutes. Stir in the chocolate morsels.
- ☐ Transfer the ice cream to another container and put plastic wrap on top of the ice cream. Cover the container tightly with a lid. Freeze for several hours until firm enough to scoop.
- ☐ To assemble sundaes, scoop ice cream into 4 bowls. Top with hot fudge sauce, whipped cream, and chocolate shavings. Top with a cookie and serve.
- ☐ Melt the chocolate and butter in a small glass bowl over a pot of simmering water.
- ☐ Whisk together until smooth and glossy.
- ☐ Remove from the heat and whisk in corn syrup and vanilla extract until smooth.
- ☐ Dip the cooled cookies into the glaze and remove, with a fork, to a wire rack set over a sheet tray. Allow the cookies to set for 40 minutes before serving.
- ☐ Whisk together flour, cocoa powder, espresso powder, baking powder, and salt in a small bowl.
- ☐ In a large bowl, add the butter and sugar and cream together, using an electric mixer, until light and fluffy. Beat in the eggs and vanilla, then slowly add the dry ingredients. Form the dough into a long 2-inch thick log on parchment paper and roll tightly. Freeze for at least 4 hours to overnight.
- ☐ Arrange racks in the middle of the oven. Preheat the oven to 375 degrees F.
- ☐ Slice the dough into 1/4-inch rounds and arrange them on a parchment lined baking sheet, about 1-inch apart.
- ☐ Bake for 12 to 15 minutes.
- ☐ Remove and let cool for 5 minutes on the baking sheet, then remove to a wire rack.
- ☐ Let cool completely before glazing.

Nutrition Facts



Properties

Glycemic Index:69.12, Glycemic Load:82.46, Inflammation Score:-9, Nutrition Score:29.257826120957%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 1667.72kcal (83.39%), Fat: 101.67g (156.41%), Saturated Fat: 62.71g (391.95%), Carbohydrates: 177.12g (59.04%), Net Carbohydrates: 170.24g (61.9%), Sugar: 132.42g (147.13%), Cholesterol: 289.2mg (96.4%), Sodium: 426.31mg (18.54%), Alcohol: 0.57g (100%), Alcohol %: 0.18% (100%), Caffeine: 60.19mg (20.06%), Protein: 21.14g (42.28%), Selenium: 41.82µg (59.74%), Phosphorus: 559.87mg (55.99%), Manganese: 1.09mg (54.67%), Vitamin B2: 0.92mg (54.22%), Vitamin A: 2704.78IU (54.1%), Calcium: 451.29mg (45.13%), Copper: 0.86mg (43.03%), Magnesium: 150.19mg (37.55%), Iron: 6.01mg (33.38%), Vitamin B1: 0.47mg (31.39%), Potassium: 970.77mg (27.74%), Fiber: 6.88g (27.54%), Folate: 102.36µg (25.59%), Zinc: 3.29mg (21.91%), Vitamin B3: 3.34mg (16.72%), Vitamin D: 2.5µg (16.67%), Vitamin E: 2.43mg (16.18%), Vitamin B5: 1.61mg (16.07%), Vitamin B12: 0.89µg (14.77%), Vitamin K: 9.56µg (9.11%), Vitamin B6: 0.15mg (7.64%), Vitamin C: 3.13mg (3.79%)