



Mint-Truffle Ice Cream Terrine with Mint and Chocolate Sauces

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



491 kcal

DESSERT

Ingredients

- 2 cups mint leaves fresh packed (lightly)
- 1.5 cups cup heavy whipping cream
- 2 teaspoons peppermint extract pure
- 16 ounces bittersweet chocolate chopped
- 0.8 cup sugar
- 12 servings cocoa powder unsweetened
- 5 cups whipped cream softened ()

- 0.3 cup water

Equipment

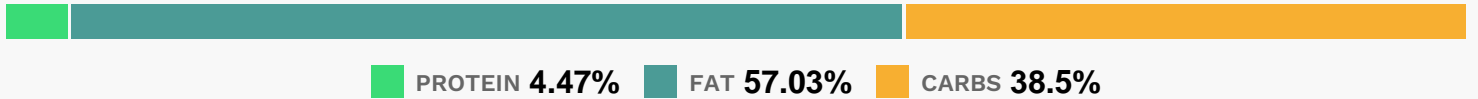
- bowl
- frying pan
- baking sheet
- sauce pan
- whisk
- blender
- plastic wrap
- loaf pan
- aluminum foil

Directions

- Bring cream to simmer in heavy large saucepan; remove from heat.
- Add chocolate; let stand 1 minute.
- Whisk until mixture is smooth.
- Whisk in extract. Freeze until firm, about 4 hours, or chill overnight.
- Line baking sheet with foil. Drop scant 1 tablespoon chocolate mixture for each of 16 truffles onto prepared sheet. Dust hands with cocoa; roll chocolate mounds into rounds. Cover and freeze truffles. Cover and chill remaining chocolate mixture for sauce. (Truffles and sauce can be made 2 days ahead.)
- Line 8 1/2x4 1/2x2 1/2-inch metal loaf pan with plastic wrap, leaving long overhang.
- Spread 1/3 of ice cream (about 1 2/3 cups) over bottom of prepared pan. Press 8 truffles in random pattern (and spaced apart) into ice cream layer.
- Spread 1/2 of remaining ice cream over. Press remaining 8 truffles in random pattern (and spaced apart) into second ice cream layer.
- Spread remaining ice cream over. Cover terrine with plastic wrap overhang. Freeze at least 6 hours and up to 2 days.
- Bring sugar and 1/3 cup water to boil in small saucepan, stirring until sugar dissolves.

- Pour syrup into blender; cool 10 minutes.
- Add mint leaves to syrup and puree until smooth.
- Transfer sauce to bowl; cool. (Can be made 1 day ahead. Cover and chill.
- Whisk to blend before using.)
- Stir chocolate sauce over low heat until warm.
- Transfer to pitcher. Turn ice cream terrine out onto platter; peel off plastic.
- Cut terrine crosswise into slices; arrange on plates.
- Drizzle chocolate sauce and mint sauce around terrine.
- Test-kitchen tip: Make quick work of softening the ice cream by microwaving it in ten-second intervals on the lowest power setting.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:16.41, Inflammation Score:-7, Nutrition Score:10.853478224381%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 491.43kcal (24.57%), Fat: 31.52g (48.49%), Saturated Fat: 19g (118.77%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 43.49g (15.81%), Sugar: 38.98g (43.31%), Cholesterol: 60.09mg (20.03%), Sodium: 58.86mg (2.56%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Caffeine: 34.81mg (11.6%), Protein: 5.56g (11.12%), Manganese: 0.63mg (31.71%), Copper: 0.55mg (27.63%), Magnesium: 87.45mg (21.86%), Vitamin A: 1006.37IU (20.13%), Phosphorus: 186.14mg (18.61%), Fiber: 4.38g (17.52%), Iron: 3mg (16.64%), Vitamin B2: 0.23mg (13.64%), Calcium: 133.37mg (13.34%), Potassium: 411.15mg (11.75%), Zinc: 1.61mg (10.71%), Selenium: 5.28µg (7.54%), Vitamin B12: 0.33µg (5.5%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.66mg (4.42%), Vitamin D: 0.59µg (3.91%), Vitamin K: 3.86µg (3.68%), Vitamin C: 2.89mg (3.51%), Folate: 12.81µg (3.2%), Vitamin B1: 0.05mg (3.17%), Vitamin B6: 0.06mg (3.03%), Vitamin B3: 0.55mg (2.76%)