



Mocha Espresso Ice Cream

 Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 0.3 cup chocolate syrup
- ☐ 0.8 cup cocoa roast almonds chopped
- ☐ 4 ounces chocolate dark chopped
- ☐ 0.5 cup espresso grounds chilled brewed
- ☐ 2 cups heavy whipping cream
- ☐ 0.8 cup sugar white
- ☐ 1.5 cups milk whole

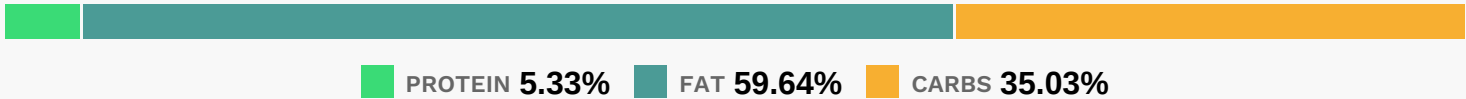
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Mix heavy cream, whole milk, sugar, espresso, and chocolate syrup in a bowl until sugar is dissolved. Refrigerate until chilled.
- ☐ Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency. Stir in almonds and dark chocolate.
- ☐ Serve soft ice cream or transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:10.03, Inflammation Score:-6, Nutrition Score:7.491304302993%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 288.38kcal (14.42%), Fat: 20.19g (31.06%), Saturated Fat: 12.48g (78%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 23.5g (8.55%), Sugar: 20.56g (22.85%), Cholesterol: 48.77mg (16.26%), Sodium: 31.32mg (1.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 41.14mg (13.71%), Protein: 4.06g (8.12%), Manganese: 0.42mg (21.06%), Copper: 0.41mg (20.65%), Magnesium: 66.73mg (16.68%), Phosphorus: 131.12mg (13.11%), Fiber: 3.18g (12.73%), Vitamin A: 636.2IU (12.72%), Iron: 2.06mg (11.46%), Vitamin B2: 0.16mg (9.41%), Calcium: 78.67mg (7.87%), Potassium: 258.26mg (7.38%), Vitamin D: 0.97µg (6.47%), Zinc: 0.95mg (6.34%), Selenium: 3.34µg (4.78%), Vitamin B12: 0.25µg (4.24%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.72%), Vitamin B1: 0.03mg (2.21%), Vitamin B6: 0.04mg (2.15%), Vitamin K: 2.23µg (2.12%)