



Mocha Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



822 kcal

DESSERT

Ingredients

- ☐ 4 egg yolks
- ☐ 1 cup half-and-half
- ☐ 3 tablespoons coffee granules instant
- ☐ 8 ounce semisweet chocolate squares coarsely chopped
- ☐ 0.3 cup strong coffee decoction brewed
- ☐ 0.8 cup sugar divided
- ☐ 2 cups whipping cream

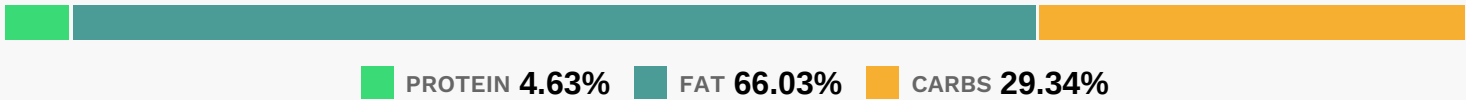
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave chocolate in a 1-quart microwave-safe bowl at HIGH 1 1/2 minutes or until melted, stirring twice; stir in brewed coffee. Set chocolate mixture aside.
- ☐ Bring whipping cream, half-and-half, 1/2 cup sugar, and coffee granules to a boil in a heavy saucepan over medium-high heat, stirring until sugar and coffee dissolve.
- ☐ Beat yolks and remaining 1/4 cup sugar at high speed with an electric mixer until thick and pale. With mixer at low speed, gradually pour hot cream mixture into yolk mixture; return to saucepan.
- ☐ Cook over medium heat, stirring constantly, 6 to 8 minutes or until mixture thickens and coats a spoon.
- ☐ Remove from heat; stir in chocolate mixture. Cover and chill 2 hours.
- ☐ Pour chilled mixture into freezer container of a 5-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions.
- ☐ Pack freezer with additional ice and rock salt, and let stand 1 hour.
- ☐ Serve ice cream with cookies, if desired.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:20.94, Inflammation Score:-8, Nutrition Score:15.576521635056%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 822.29kcal (41.11%), Fat: 61.24g (94.21%), Saturated Fat: 36.67g (229.21%), Carbohydrates: 61.22g (20.41%), Net Carbohydrates: 57.59g (20.94%), Sugar: 51.45g (57.17%), Cholesterol: 282.76mg (94.25%), Sodium: 68.32mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 137.95mg (45.98%), Protein: 9.66g (19.33%), Vitamin A: 1801.1IU (36.02%), Manganese: 0.67mg (33.28%), Copper: 0.6mg (29.93%), Phosphorus: 284.74mg (28.47%), Magnesium: 102.22mg (25.56%), Selenium: 16.84µg (24.05%), Vitamin B2: 0.39mg (22.83%), Iron: 3.53mg (19.6%), Calcium: 166.09mg (16.61%), Potassium: 539.82mg (15.42%), Vitamin D: 2.3µg (15.34%), Fiber: 3.63g (14.51%), Zinc: 1.97mg (13.11%), Vitamin E: 1.64mg (10.91%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 0.98mg (9.82%), Vitamin B3: 1.37mg (6.83%), Vitamin K: 7.11µg (6.77%), Folate: 26.52µg (6.63%), Vitamin B6: 0.12mg (6.22%), Vitamin B1: 0.08mg (5.02%), Vitamin C: 1.01mg (1.22%)