



No-Cook Chocolate-Almond Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1419 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds toasted sliced
- ☐ 2 cups chocolate milk whole
- ☐ 0.7 cup chocolate syrup
- ☐ 5 ounce evaporated milk canned
- ☐ 14 ounce condensed milk sweetened canned

Equipment

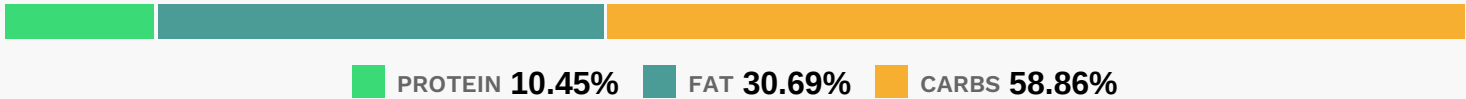
- ☐ bowl
- ☐ whisk

☐ ice cream machine

Directions

- ☐ Whisk first 4 ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes.
- ☐ Pour milk mixture into freezer container of a 1-quart electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)
- ☐ Remove container with ice cream from ice-cream maker, and place in freezer 15 minutes. Stir almonds into prepared ice cream.
- ☐ Transfer to an airtight container; freeze until firm, about 1 to 1 1/2 hours.
- ☐ Note: For testing purposes only, we used a Rival 4-quart Durable Plastic Bucket Ice Cream Maker and a Cuisinart Automatic Frozen Yogurt-Ice Cream & Sorbet Maker.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:74.48, Inflammation Score:-8, Nutrition Score:40.711304270703%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1418.95kcal (70.95%), Fat: 49.44g (76.07%), Saturated Fat: 21.23g (132.68%), Carbohydrates: 213.37g (71.12%), Net Carbohydrates: 204.46g (74.35%), Sugar: 190.07g (211.19%), Cholesterol: 118.03mg (39.34%), Sodium: 549.5mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 37.86g (75.73%), Phosphorus: 1193.39mg (119.34%), Calcium: 1135.37mg (113.54%), Vitamin B2: 1.9mg (111.64%), Manganese: 1.38mg (68.95%), Magnesium: 259.26mg (64.81%), Vitamin E: 9.46mg (63.05%), Selenium: 38.56µg (55.09%), Copper: 1.07mg (53.55%), Potassium: 1845.37mg (52.72%), Fiber: 8.91g (35.65%), Zinc: 5.24mg (34.95%), Vitamin B12: 1.81µg (30.19%), Vitamin B5: 2.85mg (28.53%), Vitamin B1: 0.38mg (25.61%), Iron: 4.5mg (25.01%), Vitamin D: 3.72µg

(24.79%), Vitamin A: 944.59IU (18.89%), Vitamin B6: 0.29mg (14.5%), Folate: 57.18µg (14.29%), Vitamin B3: 2.44mg (12.19%), Vitamin C: 8.96mg (10.86%), Vitamin K: 2.87µg (2.73%)