



Not-Much-Guilt Chocolate-Mint Ice Milk

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.7 cup dutch-process cocoa unsweetened
- ☐ 2 large egg yolks
- ☐ 2.5 cups evaporated milk low-fat canned
- ☐ 0.5 cup mint leaves fresh packed
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.3 cup bittersweet chocolate chopped
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring milk and mint just to a boil.
- ☐ Remove from heat, cover, and let stand 20 minutes.
- ☐ Meanwhile, in a bowl, mix sugar and cornstarch.
- ☐ Whisk in egg yolks.
- ☐ Pour milk mixture through a fine strainer into another bowl; discard mint.
- ☐ Whisk about 1/4 of the mint-milk into egg yolk mixture.
- ☐ Add cocoa and whisk until blended; pour back into pan.
- ☐ Add remaining milk to pan.
- ☐ Return pan to medium heat and stir with a whisk until mixture begins to bubble, 2 to 4 minutes.
- ☐ Remove cocoa mixture from heat and pour into a bowl. Stir in yogurt. Cover surface of mixture with plastic wrap and chill until cold, at least 2 hours or up to 1 day.
- ☐ Pour cold mixture into an ice cream maker and freeze according to manufacturer's directions. Midway through freezing, add chopped chocolate; continue freezing until ice milk is firm enough to mound and dasher is hard to turn.
- ☐ Serve, or cover and freeze up to 3 days. If making ahead, let the dessert soften in refrigerator about 30 minutes before serving.

Nutrition Facts



 PROTEIN **16.66%**  FAT **24.17%**  CARBS **59.17%**

Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:7.9143478585326%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 259.17kcal (12.96%), Fat: 7.51g (11.56%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 41.39g (13.8%), Net Carbohydrates: 36.94g (13.43%), Sugar: 31.74g (35.27%), Cholesterol: 80.18mg (26.73%), Sodium: 147.55mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 28.25mg (9.42%), Protein: 11.65g (23.3%), Manganese: 0.51mg (25.68%), Copper: 0.48mg (23.77%), Fiber: 4.44g (17.77%), Magnesium: 67.76mg (16.94%), Phosphorus: 146.33mg (14.63%), Iron: 2.17mg (12.07%), Calcium: 102.82mg (10.28%), Selenium: 6.06µg (8.66%), Zinc: 1.22mg (8.11%), Potassium: 266.58mg (7.62%), Vitamin B2: 0.12mg (6.91%), Vitamin A: 253.55IU (5.07%), Folate: 18.06µg (4.51%), Vitamin B12: 0.25µg (4.14%), Vitamin B5: 0.36mg (3.59%), Vitamin B6: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.18%), Vitamin D: 0.31µg (2.04%), Vitamin B3: 0.36mg (1.8%), Vitamin C: 1.38mg (1.67%), Vitamin E: 0.2mg (1.33%)