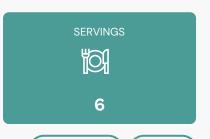


Not-Much-Guilt Chocolate-Mint Ice Milk

Gluten Free







BEVERAGE

DRINK

Ingredients

0.5 cup sugar

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

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

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, Hesperetin: 0.38mg, Hesperetin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, 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 %: O% (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%)