



Praline-Chocolate Chip Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



926 kcal

DESSERT

Ingredients

- ☐ 0.8 cup bittersweet chocolate chips
- ☐ 6 tablespoons praline paste
- ☐ 4 large egg yolks
- ☐ 1 cup heavy cream
- ☐ 0.7 cup sugar
- ☐ 1 vanilla pod
- ☐ 2 cups milk whole

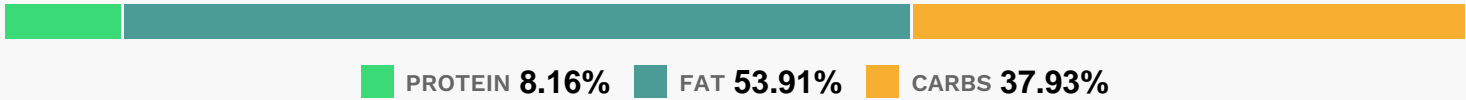
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Prepare an ice water bath and set a stainless steel bowl in it. In a saucepan, simmer the milk with the vanilla bean and seeds. In a bowl, whisk the yolks and sugar. Slowly whisk in half of the hot milk.
- ☐ Pour back into the saucepan and cook over moderate heat, whisking until thickened, about 6 minutes. Strain the custard into the bowl in the ice water bath and stir in the heavy cream; chill.
- ☐ Transfer the custard to an ice cream maker and freeze according to the manufacturer's instructions. When the ice cream is set, add the praline paste and chocolate chips to the ice cream maker and churn until evenly distributed.
- ☐ Transfer the ice cream to a plastic container and freeze until serving.

Nutrition Facts



Properties

Glycemic Index:56.36, Glycemic Load:38.06, Inflammation Score:-7, Nutrition Score:20.243043655935%

Nutrients (% of daily need)

Calories: 925.67kcal (46.28%), Fat: 56.42g (86.8%), Saturated Fat: 36.83g (230.21%), Carbohydrates: 89.32g (29.77%), Net Carbohydrates: 85.77g (31.19%), Sugar: 72.08g (80.08%), Cholesterol: 354.42mg (118.14%), Sodium: 1410.91mg (61.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Calcium: 437.85mg (43.79%), Phosphorus: 409.47mg (40.95%), Vitamin B2: 0.66mg (38.89%), Vitamin A: 1790.65IU (35.81%), Selenium: 23.15µg (33.07%), Vitamin D: 4.28µg (28.55%), Vitamin B12: 1.6µg (26.68%), Zinc: 3.84mg (25.61%), Potassium: 701.21mg (20.03%), Vitamin B5: 1.94mg (19.39%), Manganese: 0.38mg (18.83%), Vitamin B6: 0.33mg (16.62%), Vitamin K: 16.61µg (15.82%), Vitamin B1: 0.23mg (15.01%), Magnesium: 58.73mg (14.68%), Fiber: 3.55g (14.18%), Vitamin E: 2.11mg (14.04%), Folate: 52.18µg (13.04%), Copper: 0.26mg (12.8%), Iron: 2.15mg (11.93%), Vitamin B3: 1mg (5.02%)