



Richer Than Rich German Chocolate Ice Cream

READY IN



290 min.

SERVINGS



10

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 2 large eggs beaten
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 6 ounces german chocolate sweet
- ☐ 1.5 cups heavy cream
- ☐ 3 cups milk
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup coconut or shredded sweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

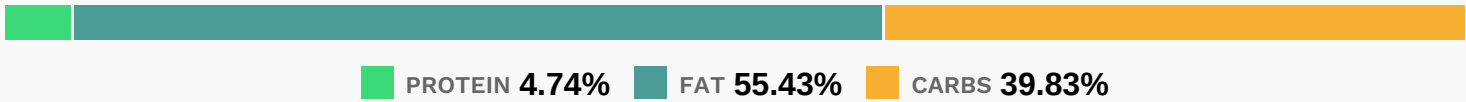
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Heat milk, chocolate, sugar, flour, and salt in a saucepan over low heat. Cook until the chocolate melts, stirring occasionally. Stir about 1/2 cup of the hot chocolate mixture into the eggs, then stir the egg mixture into the saucepan. Increase heat to medium and continue cooking and stirring until the mixture is thickened, about 5 minutes.
- ☐ Pour chocolate egg mixture into a bowl. Cover and refrigerate until chilled, at least 2 hours. Stir in the heavy cream and vanilla extract.
- ☐ Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency. Stir in the coconut and pecans.
- ☐ Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:23.32, Inflammation Score:-5, Nutrition Score:8.5082608435465%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate:

0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg

Nutrients (% of daily need)

Calories: 497.39kcal (24.87%), Fat: 31.17g (47.95%), Saturated Fat: 14.99g (93.71%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 49.08g (17.85%), Sugar: 45.42g (50.46%), Cholesterol: 86.32mg (28.77%), Sodium: 121.96mg (5.3%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6g (12%), Manganese: 0.62mg (31.15%), Phosphorus: 151.49mg (15.15%), Vitamin B2: 0.24mg (14.37%), Vitamin A: 703.48IU (14.07%), Calcium: 128.16mg (12.82%), Iron: 1.99mg (11.07%), Selenium: 7.51µg (10.73%), Vitamin D: 1.58µg (10.51%), Vitamin B1: 0.14mg (9.35%), Vitamin B12: 0.54µg (9.02%), Copper: 0.16mg (8.09%), Zinc: 1.11mg (7.38%), Magnesium: 28.38mg (7.1%), Vitamin B5: 0.65mg (6.52%), Potassium: 220.58mg (6.3%), Vitamin B6: 0.11mg (5.51%), Fiber: 1.3g (5.2%), Vitamin E: 0.64mg (4.28%), Folate: 12.32µg (3.08%), Vitamin B3: 0.37mg (1.84%), Vitamin K: 1.79µg (1.71%)