



Roasted Cherry Chocolate-Almond Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1234 kcal

DESSERT

Ingredients

- 2 ounces almonds toasted chopped fine
- 1.5 pounds cherries
- 2 ounces chocolate dark 70% chopped fine (cocoa)
- 6 egg yolk
- 2 cups half and half
- 2 servings kosher salt
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- sauce pan
- oven
- knife
- whisk
- blender
- wooden spoon
- glass baking pan

Directions

- Adjust oven rack to middle position and preheat oven to 450°F. Toss cherries in 13- by 9-inch ceramic or glass baking dish with 1/4 teaspoon salt. Roast until juices start to bubble and cherries offer no resistance to a paring knife, 30 to 40 minutes. Set aside to cool.
- When cherries are cool enough to handle, cut in half to remove pits.
- Transfer to blender and scrape in cherry juices.
- Add half and half, egg yolks, and sugar, and blend on high until very smooth.
- Pour mixture through a strainer into a medium saucepan and place on medium-low heat. Cook, whisking frequently, until lightly thickened. Custard should coat back of a wooden spoon and a finger swiped through coating should leave a clean line, about 5 minutes. Season with additional salt to taste. Strain into an airtight container and chill over night.
- The next day, churn ice cream according to manufacturer's instructions. In the last minute of churning, add chopped chocolate and almonds.
- Transfer to an airtight container and chill in freezer for at least three hours before serving.

Nutrition Facts

 **PROTEIN 8.76%**  **FAT 48.73%**  **CARBS 42.51%**

Properties

Glycemic Index:62.55, Glycemic Load:47.85, Inflammation Score:-9, Nutrition Score:39.508261017177%

Flavonoids

Cyanidin: 103.47mg, Cyanidin: 103.47mg, Cyanidin: 103.47mg, Cyanidin: 103.47mg Pelargonidin: 0.92mg, Pelargonidin: 0.92mg, Pelargonidin: 0.92mg Peonidin: 5.1mg, Peonidin: 5.1mg, Peonidin: 5.1mg, Peonidin: 5.1mg Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 17.18mg, Epicatechin: 17.18mg, Epicatechin: 17.18mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg, Quercetin: 7.89mg

Nutrients (% of daily need)

Calories: 1234.28kcal (61.71%), Fat: 69.21g (106.48%), Saturated Fat: 30.32g (189.49%), Carbohydrates: 135.84g (45.28%), Net Carbohydrates: 122.06g (44.39%), Sugar: 111.9g (124.34%), Cholesterol: 668.75mg (222.92%), Sodium: 373.87mg (16.26%), Alcohol: 0.34g (100%), Alcohol %: 0.06% (100%), Caffeine: 22.68mg (7.56%), Protein: 27.99g (55.97%), Manganese: 1.48mg (73.75%), Phosphorus: 735.68mg (73.57%), Vitamin B2: 1.22mg (71.92%), Vitamin E: 9.66mg (64.41%), Selenium: 41.37µg (59.11%), Fiber: 13.78g (55.11%), Copper: 1.06mg (53.22%), Magnesium: 205.63mg (51.41%), Calcium: 470.51mg (47.05%), Potassium: 1546.55mg (44.19%), Iron: 7.27mg (40.41%), Vitamin A: 1864.42IU (37.29%), Vitamin B5: 3.24mg (32.43%), Vitamin C: 25.99mg (31.5%), Zinc: 4.25mg (28.36%), Folate: 112.18µg (28.05%), Vitamin B12: 1.59µg (26.54%), Vitamin B6: 0.53mg (26.33%), Vitamin B1: 0.33mg (21.82%), Vitamin D: 2.92µg (19.44%), Vitamin K: 12.74µg (12.13%), Vitamin B3: 2.13mg (10.65%)