



Rocky Road Ice Cream

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1065 kcal

Ingredients

- 2 cups cup heavy whipping cream
- 1 cup cream light
- 1 cup marshmallows miniature
- 0.5 cup pecans chopped
- 14 ounce condensed milk sweetened canned
- 0.5 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract

Equipment

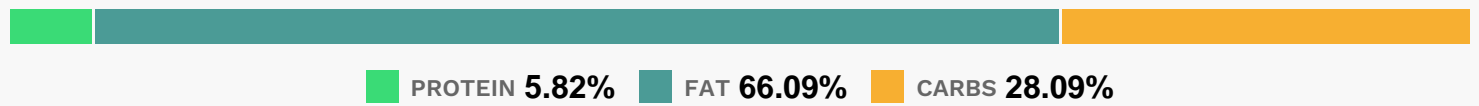
- sauce pan

ice cream machine

Directions

- In a medium saucepan over low heat, cook and stir condensed milk and cocoa until smooth and slightly thickened, 5 minutes.
- Remove from heat , and allow to cool slightly. Stir in heavy cream, light cream, and vanilla. Refrigerate until cold.
- Pour mixture into the canister of an ice cream maker, and freeze according to manufacturer's directions. Stir in nuts and marshmallows halfway through the freezing process.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:39.13, Inflammation Score:-9, Nutrition Score:21.719130516052%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 7.95mg, Catechin: 7.95mg, Catechin: 7.95mg, Catechin: 7.95mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 21.23mg, Epicatechin: 21.23mg, Epicatechin: 21.23mg, Epicatechin: 21.23mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1065.35kcal (53.27%), Fat: 81.37g (125.18%), Saturated Fat: 46.09g (288.05%), Carbohydrates: 77.82g (25.94%), Net Carbohydrates: 72.52g (26.37%), Sugar: 65.86g (73.18%), Cholesterol: 234.53mg (78.18%), Sodium: 191.01mg (8.3%), Alcohol: 1.12g (100%), Alcohol %: 0.45% (100%), Caffeine: 24.73mg (8.24%), Protein: 16.11g (32.22%), Vitamin A: 2627.12IU (52.54%), Manganese: 1.04mg (52.09%), Phosphorus: 474.34mg (47.43%), Vitamin B2: 0.76mg (44.59%), Calcium: 425.59mg (42.56%), Copper: 0.62mg (30.88%), Selenium: 20.82µg (29.74%), Magnesium: 109.08mg (27.27%), Potassium: 763.82mg (21.82%), Fiber: 5.3g (21.19%), Zinc: 2.73mg (18.17%), Vitamin D: 2.46µg (16.41%), Vitamin B1: 0.23mg (15.08%), Vitamin B5: 1.35mg (13.49%), Vitamin E: 1.98mg (13.21%), Vitamin B12: 0.75µg (12.44%), Iron: 2.2mg (12.21%), Vitamin B6: 0.15mg (7.58%), Vitamin K: 6.76µg (6.44%), Folate: 24.63µg (6.16%), Vitamin C: 3.8mg (4.61%), Vitamin B3: 0.73mg (3.63%)