



WHATSheATE



Rocky Road Ice Cream



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1459 kcal

DESSERT

Ingredients

- ☐ 2 ounces almonds chopped (see note above)
- ☐ 2.5 ounces chocolate dark 70% chopped (60 to cocoa)
- ☐ 0.3 cup dutch-processed cocoa powder
- ☐ 6 egg yolk
- ☐ 2 ounces hazelnuts chopped (see note above)
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 ounces marshmallows mini

- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2.5 ounces chocolate white chopped
- ☐ 1 cup milk whole

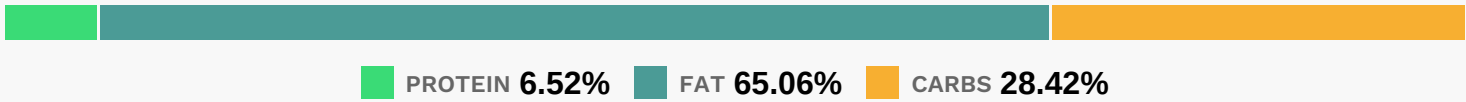
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a large, heavy saucepan whisk together egg yolks and cocoa until very smooth and no lumps remain. Slowly whisk in sugar. If mixture is too dry, whisk in 1 or 2 tablespoons of cream to make a smooth paste.
- ☐ Once the yolk paste is smooth and all the sugar is incorporated, whisk in remaining cream and milk. Put pan over medium heat and cook, whisking frequently, until a custard thickly coats the back of a spoon, but a swiped finger leaves a clean line. Strain into an airtight container, stir in vanilla and salt, and chill in refrigerator overnight.
- ☐ The next day, churn in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to a container capable of holding 2 quarts or larger, and quickly stir in nuts, chocolates, and marshmallows with a rubber spatula until thoroughly mixed in. Chill in freezer for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:95.53, Glycemic Load:55.34, Inflammation Score:-9, Nutrition Score:36.96521681288%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg, Epicatechin: 14.23mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 1458.67kcal (72.93%), Fat: 109.17g (167.95%), Saturated Fat: 53.96g (337.25%), Carbohydrates: 107.31g (35.77%), Net Carbohydrates: 97.82g (35.57%), Sugar: 88.35g (98.17%), Cholesterol: 583.52mg (194.51%), Sodium: 324.46mg (14.11%), Alcohol: 0.46g (100%), Alcohol %: 0.13% (100%), Caffeine: 35.38mg (11.79%), Protein: 24.63g (49.25%), Manganese: 2.37mg (118.37%), Vitamin E: 10.48mg (69.84%), Copper: 1.29mg (64.35%), Phosphorus: 628.45mg (62.85%), Vitamin A: 3003.55IU (60.07%), Vitamin B2: 0.95mg (55.92%), Magnesium: 197.41mg (49.35%), Selenium: 31.93µg (45.61%), Calcium: 398.21mg (39.82%), Fiber: 9.48g (37.94%), Iron: 6.66mg (36.98%), Vitamin D: 5.38µg (35.85%), Zinc: 4.05mg (27.02%), Vitamin B12: 1.59µg (26.56%), Potassium: 928.16mg (26.52%), Folate: 92.67µg (23.17%), Vitamin B5: 2.31mg (23.08%), Vitamin B1: 0.33mg (21.98%), Vitamin B6: 0.39mg (19.74%), Vitamin K: 12.31µg (11.72%), Vitamin B3: 1.82mg (9.09%), Vitamin C: 2.26mg (2.74%)