



## Rocky Road Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



853 kcal

### Ingredients

- 5 cups cocoa powder unsweetened
- 14 ounces condensed milk sweetened canned (I used Eagle Brand)
- 2 cups cup heavy whipping cream
- 1 cup half and half
- 1 tablespoon vanilla extract
- 5 cups almonds chopped
- 1 cup marshmallows mini

### Equipment

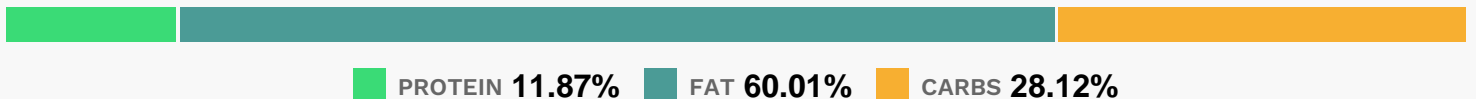
- bowl

- sauce pan
- ice cream machine
- kitchen timer

## Directions

- First thing you want to do is in a medium size saucepan you want to slightly heat the sweetened condensed milk and the cocoa powder. You are not trying to cook it you are just heating it while you stir the cocoa together so that you get it all incorporated to a nice smooth chocolate sauce. Once it is incorporated pull it off the heat and set it aside to cool.
- Add in the half and half, vanilla extract and heavy cream and stir well (I just used a regular spoon.) Once it is all mixed together stick your saucepan in the freezer while you chop the nuts and prepare the ice cream maker.
- Chop the almonds. I did a rough chop and tried to chop them different ways so you get a different size bite each time.
- Once you have the nuts chopped and your marshmallows measured out get the ice cream maker bowl out of the freezer and put it in the ice cream maker. Set it up so it is ready to use. Take your chocolate mixture out of the freezer and pour it into the ice cream maker. Turn the ice cream maker on. Set your timer for 35 minutes.
- At the 35-minute mark add in your toppings and let it incorporate for another 5 minutes.
- Once this is done scoop it out of the ice cream maker and into your freezer containers. Mine was definitely firm enough to serve right then. It would have been a little firmer then soft serve. I stuck it in the freezer for 2 hours and then I had this ice cream cone!

## Nutrition Facts



## Properties

Glycemic Index:13.15, Glycemic Load:16.28, Inflammation Score:-10, Nutrition Score:41.105652173913%

## Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Catechin: 28.79mg, Catechin: 28.79mg, Catechin: 28.79mg, Catechin: 28.79mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 84.89mg, Epicatechin: 84.89mg, Epicatechin: 84.89mg, Epicatechin: 84.89mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Naringenin: 0.31mg,

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Taste

Sweetness: 92.38%, Saltiness: 25.13%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 852.61kcal (42.63%), Fat: 65g (100%), Saturated Fat: 21.02g (131.36%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 43.7g (15.89%), Sugar: 30.89g (34.32%), Cholesterol: 75.75mg (25.25%), Sodium: 91.88mg (3.99%), Alcohol: 0.45g (2.48%), Caffeine: 98.9mg (32.97%), Protein: 28.93g (57.85%), Manganese: 3.29mg (164.51%), Vitamin E: 18.91mg (126.06%), Copper: 2.39mg (119.27%), Magnesium: 423.95mg (105.99%), Fiber: 24.85g (99.41%), Phosphorus: 811.03mg (81.1%), Vitamin B2: 1.22mg (71.86%), Iron: 8.78mg (48.77%), Calcium: 417.7mg (41.77%), Potassium: 1404.28mg (40.12%), Zinc: 5.74mg (38.29%), Selenium: 17.24µg (24.63%), Vitamin B3: 3.68mg (18.38%), Vitamin A: 892.07IU (17.84%), Vitamin B1: 0.23mg (15.52%), Folate: 52.27µg (13.07%), Vitamin B6: 0.2mg (9.91%), Vitamin B5: 0.93mg (9.34%), Vitamin D: 0.84µg (5.61%), Vitamin B12: 0.3µg (4.95%), Vitamin K: 3.15µg (3%), Vitamin C: 1.54mg (1.86%)