



WHATSheATE



Scooped: White Chocolate Ice Cream with Nerds



Vegetarian



Gluten Free

READY IN



720 min.

SERVINGS



2

CALORIES



1636 kcal

DESSERT

Ingredients

- ☐ 4 egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1.5 cups milk
- ☐ 0.5 cup sugar
- ☐ 8 oz chocolate white finely chopped

Equipment

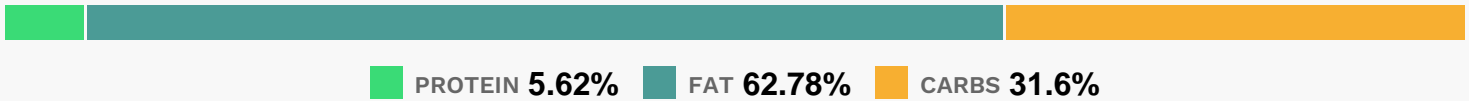
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Whisk the egg yolks and sugar together until they turn pale yellow, about 3–5 minutes. In medium saucepan, mix the milk and cream with egg yolks and sugar, and cook over low heat, stirring constantly, until the mixture thickens and holds a line on the back of a spoon.
- ☐ Add white chocolate to large bowl.
- ☐ Pour hot custard through strainer into bowl with chocolate, and stir carefully until chocolate is fully melted and incorporated.
- ☐ Let ice cream base rest at least 4 hours and up to overnight in refrigerator.
- ☐ Spin it in your ice cream machine according to manufacturer's instructions. Meanwhile, put medium mixing bowl in the freezer to chill. When ice cream is finished, scoop it out of machine into chilled bowl and mix in Nerds. Freeze until hardened, 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:89.05, Glycemic Load:84.99, Inflammation Score:-9, Nutrition Score:26.080869734287%

Nutrients (% of daily need)

Calories: 1636.34kcal (81.82%), Fat: 116.4g (179.07%), Saturated Fat: 69.9g (436.85%), Carbohydrates: 131.84g (43.95%), Net Carbohydrates: 131.61g (47.86%), Sugar: 131.02g (145.58%), Cholesterol: 636.28mg (212.09%), Sodium: 237.57mg (10.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.9%), Vitamin A: 3473.55IU (69.47%), Vitamin B2: 1.11mg (65.15%), Phosphorus: 628.34mg (62.83%), Calcium: 615.5mg (61.55%), Selenium: 34.39µg (49.14%), Vitamin D: 6.81µg (45.42%), Vitamin B12: 2.61µg (43.51%), Vitamin B5: 2.9mg (29.04%), Vitamin E: 3.75mg (25.01%), Potassium: 808.63mg (23.1%), Zinc: 2.85mg (19.01%), Vitamin B1: 0.27mg (18.2%), Vitamin B6: 0.36mg (18.18%), Folate: 67.64µg (16.91%), Vitamin K: 16.83µg (16.03%), Magnesium: 49.86mg (12.47%), Iron: 1.46mg (8.1%), Copper: 0.12mg (6.04%), Vitamin B3: 1.16mg (5.8%), Manganese: 0.04mg (2%), Vitamin C:

1.64mg (1.99%)