



Simple Mint Chocolate Chip Strawberry Ice Cream



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 2 ounces chocolate dark finely chopped
- ☐ 2 cups heavy whipping cream
- ☐ 0.5 teaspoon peppermint extract pure
- ☐ 6 strawberries fresh diced
- ☐ 0.5 cup sugar white
- ☐ 1 cup milk whole

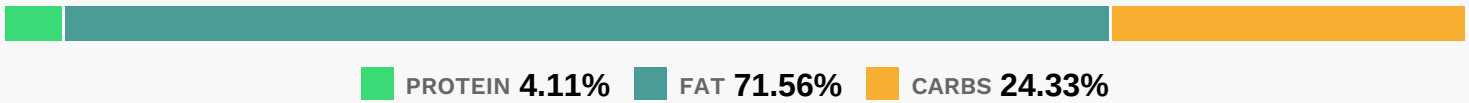
Equipment

- ☐ bowl
- ☐ ice cream machine

Directions

- ☐ Mix heavy cream, whole milk, sugar, and peppermint extract in a bowl.
- ☐ Pour mixture into an ice cream maker and freeze until slightly thickened, 25 to 30 minutes (time varies according to ice cream maker specifications). Stir chocolate and strawberries into ice cream mixture; allow to mix until thickened, 3 to 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:10.04, Inflammation Score:-5, Nutrition Score:5.4556521021801%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 25.54g (39.3%), Saturated Fat: 15.99g (99.93%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.59g (6.76%), Sugar: 17.85g (19.83%), Cholesterol: 71.11mg (23.7%), Sodium: 29.31mg (1.27%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.67mg (1.89%), Protein: 3.3g (6.61%), Vitamin A: 927.9IU (18.56%), Vitamin B2: 0.16mg (9.65%), Phosphorus: 89.32mg (8.93%), Manganese: 0.18mg (8.78%), Vitamin D: 1.29µg (8.58%), Calcium: 83.55mg (8.36%), Copper: 0.14mg (6.87%), Vitamin C: 5.65mg (6.85%), Magnesium: 25.18mg (6.3%), Iron: 0.95mg (5.26%), Potassium: 167.34mg (4.78%), Vitamin B12: 0.28µg (4.66%), Selenium: 2.96µg (4.22%), Vitamin E: 0.63mg (4.2%), Fiber: 0.95g (3.81%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.06%), Vitamin K: 2.71µg (2.58%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.24%), Folate: 4.54µg (1.13%)