



S'mores Ice Cream

READY IN



210 min.

SERVINGS



6

CALORIES



512 kcal

DESSERT

Ingredients

- 6 egg yolk
- 0.8 cup sugar
- 0.3 cup t brown sugar dark packed
- 1 teaspoon vanilla
- 3 cups milk whole
- 1 cup whipping cream
- 0.5 cup cocoa powder unsweetened
- 0.7 cup marshmallow creme
- 0.3 cup graham crackers crushed

0.3 cup chocolate chips

Equipment

bowl

sauce pan

whisk

hand mixer

ice cream machine

Directions

In large bowl, beat egg yolks and sugars with electric mixer on medium speed 3 to 4 minutes or until creamy and pale yellow. Beat in vanilla. Set aside.

In 2-quart saucepan, heat milk, cream and cocoa over medium-high heat until bubbles start to form around edge of saucepan. Do not boil.

Remove from heat.

Add 1/4 cup of milk mixture to egg mixture; beat with whisk. Repeat this step 2 more times.

Transfer egg mixture to saucepan; cook over medium-low heat until mixture thickens and coats back of spoon. Cool completely, about 30 minutes.

Refrigerate mixture in saucepan until very cold, about 2 hours.

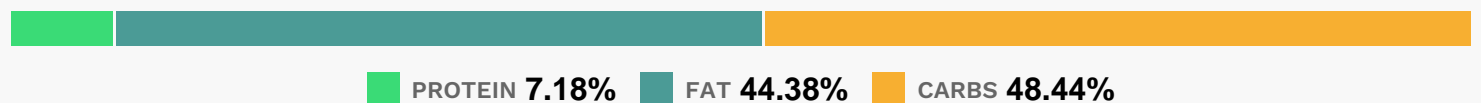
Transfer mixture to ice cream maker.

Mix about 15 minutes or until mixture begins to thicken.

Add marshmallow creme by tablespoonfuls.

Sprinkle in graham crackers and chocolate chips. Continue mixing according to manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:21.64, Inflammation Score:-6, Nutrition Score:12.36956517204%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 512.23kcal (25.61%), Fat: 26.57g (40.88%), Saturated Fat: 15.09g (94.3%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 62.49g (22.72%), Sugar: 55.01g (61.12%), Cholesterol: 253.86mg (84.62%), Sodium: 94.8mg (4.12%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.48mg (5.49%), Protein: 9.67g (19.34%), Phosphorus: 277.01mg (27.7%), Calcium: 224.88mg (22.49%), Vitamin B2: 0.37mg (21.74%), Selenium: 14.87µg (21.25%), Vitamin A: 1040.3IU (20.81%), Vitamin D: 2.95µg (19.66%), Vitamin B12: 1.07µg (17.89%), Copper: 0.3mg (14.94%), Manganese: 0.3mg (14.93%), Magnesium: 57.2mg (14.3%), Vitamin B5: 1.12mg (11.25%), Potassium: 390.98mg (11.17%), Fiber: 2.78g (11.12%), Zinc: 1.58mg (10.51%), Iron: 1.76mg (9.78%), Vitamin B6: 0.17mg (8.37%), Vitamin B1: 0.12mg (8.14%), Folate: 31.98µg (7.99%), Vitamin E: 0.9mg (5.98%), Vitamin B3: 0.47mg (2.34%), Vitamin K: 1.94µg (1.85%)