



S'mores Ice Cream

READY IN



295 min.

SERVINGS



2

CALORIES



1619 kcal

DESSERT

Ingredients

- 0.5 cup cocoa powder unsweetened sifted
- 4 large egg yolk
- 0.5 cup graham crackers whole crushed
- 0.5 cup granulated sugar
- 1.5 cups cup heavy whipping cream
- 2 servings ice cubes
- 0.3 cup brown sugar light packed
- 0.7 cup marshmallow creme such as kraft jet-puffed
- 3 ounces chocolate coarsely chopped

- 0.3 teaspoon salt fine
- 1 teaspoon vanilla extract
- 1.5 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap
- wooden spoon
- kitchen thermometer
- microwave
- spatula
- ice cream machine

Directions

- Prepare an ice water bath by filling a bowl halfway with ice and water; set it aside.
- Place a fine-mesh strainer over a large heatproof bowl; set it aside.
- Whisk together the cream, milk, cocoa powder, granulated sugar, vanilla, and salt in a medium saucepan.
- Heat the mixture over medium heat, stirring occasionally, until steam begins to rise from the surface, about 5 minutes. Meanwhile, whisk the brown sugar and egg yolks in a large bowl until smooth; set aside. While whisking constantly, slowly pour about half of the heated cream mixture into the egg yolks.
- Pour the cream-egg mixture back into the pan and cook over medium heat, stirring constantly with a wooden spoon or rubber spatula, until the mixture thickens slightly and coats the back of the spoon, or registers 170°F on an instant-read thermometer, about 5 minutes (do not let the mixture boil). When you draw your finger across the spoon, it should make a mark through the custard, which should not run back in on itself.

- Pour the mixture through the prepared strainer into the bowl and discard the contents of the strainer.
- Place the bowl in the ice water bath and let the custard cool, stirring occasionally, until it reaches room temperature, about 20 minutes. Press a sheet of plastic wrap directly onto the surface of the custard to prevent a skin from forming. Refrigerate it until completely chilled, at least 4 hours. Freeze the chilled custard in an ice cream maker according to the manufacturer's instructions. Meanwhile, place the chocolate in a small microwave-safe bowl and microwave it in 20-second intervals, stirring between intervals, until melted and smooth. When the ice cream is ready, turn off the ice cream maker and remove the bowl. Drop the marshmallow crème into the ice cream in large spoonfuls.
- Drizzle in the melted chocolate and add the graham crackers. Using a rubber spatula, fold the ingredients into the ice cream until evenly combined.
- Serve immediately for a soft ice cream, or transfer the mixture to an airtight container and freeze until solid. Allow the ice cream to sit at room temperature for 15 minutes before serving if frozen solid. The ice cream can be kept for up to 1 month.

Nutrition Facts

■ PROTEIN **5.57%**
■ FAT **51.87%**
■ CARBS **42.56%**

Properties

Glycemic Index:112.35, Glycemic Load:60.22, Inflammation Score:-9, Nutrition Score:34.137391370276%

Flavonoids

Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg, Catechin: 13.94mg Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg, Epicatechin: 42.23mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 1619.34kcal (80.97%), Fat: 99.2g (152.62%), Saturated Fat: 58.33g (364.57%), Carbohydrates: 183.13g (61.04%), Net Carbohydrates: 172.07g (62.57%), Sugar: 144.51g (160.57%), Cholesterol: 590.87mg (196.96%), Sodium: 595.51mg (25.89%), Alcohol: 0.69g (100%), Alcohol %: 0.13% (100%), Caffeine: 77.52mg (25.84%), Protein: 23.96g (47.91%), Phosphorus: 687.95mg (68.8%), Vitamin A: 3410.69IU (68.21%), Vitamin B2: 0.99mg (58.05%), Copper: 1.14mg (57.02%), Manganese: 1.09mg (54.39%), Magnesium: 208.05mg (52.01%), Selenium: 32.77µg (46.81%), Calcium: 467.67mg (46.77%), Vitamin D: 6.7µg (44.7%), Fiber: 11.06g (44.24%), Iron: 6.42mg (35.68%), Vitamin B12: 1.94µg (32.28%), Zinc: 4.52mg (30.14%), Potassium: 1011.68mg (28.91%), Vitamin B5: 2.28mg (22.76%), Folate: 75.56µg (18.89%), Vitamin B6: 0.37mg (18.55%), Vitamin B1: 0.27mg (18.32%), Vitamin E: 2.74mg (18.29%), Vitamin B3: 1.96mg (9.79%), Vitamin K: 9.72µg (9.25%), Vitamin C: 1.07mg (1.3%)