



Spiced Dark Chocolate and Candy Cane Ice Cream

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1811 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon allspice
- ☐ 0.5 cup candy canes whole crushed (from 5 to 8 canes)
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 5 ounces chocolate dark 70% chopped ()
- ☐ 2 teaspoons rum dark
- ☐ 6 egg yolk

- ☐ 2 cups cup heavy whipping cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 orange zest
- ☐ 0.3 cup sugar
- ☐ 1 cup milk whole

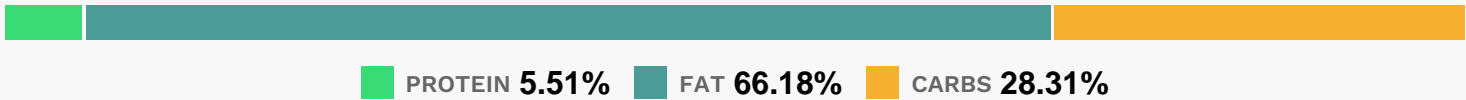
Equipment

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

Directions

- ☐ In a heavy saucepan, bring cream and milk to a simmer.
- ☐ Whisk in allspice and cinnamon, remove from heat, and let steep covered for 20 to 30 minutes or until dairy is fragrant and tastes well-spiced.
- ☐ In a bowl, whisk together egg yolks with brown and white sugars until very well combined. Rapidly whisk yolk mixture into dairy. Turn heat onto low and stir frequently until custard coats the back of a spoon but a swiped finger leaves a clean line.
- ☐ Add chocolate to saucepan and stir until thoroughly melted. Strain into an airtight container, then add rum, orange zest, and salt to taste before chilling overnight.
- ☐ The next day, add candy canes and churn in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to freezer for several hours to harden before serving.

Nutrition Facts



Properties

Glycemic Index:83.05, Glycemic Load:25.55, Inflammation Score:-10, Nutrition Score:40.636521899182%

Nutrients (% of daily need)

Calories: 1811.23kcal (90.56%), Fat: 134.7g (207.23%), Saturated Fat: 79.6g (497.51%), Carbohydrates: 129.65g (43.22%), Net Carbohydrates: 120.5g (43.82%), Sugar: 108.43g (120.48%), Cholesterol: 868.91mg (289.64%), Sodium: 1040.98mg (45.26%), Alcohol: 1.67g (100%), Alcohol %: 0.33% (100%), Caffeine: 56.7mg (18.9%), Protein: 25.22g (50.43%), Vitamin A: 4544.7IU (90.89%), Manganese: 1.59mg (79.44%), Phosphorus: 697.36mg (69.74%), Copper: 1.37mg (68.64%), Selenium: 45.48µg (64.97%), Iron: 10.84mg (60.22%), Vitamin B2: 0.97mg (56.97%), Vitamin D: 8.07µg (53.77%), Magnesium: 206.08mg (51.52%), Calcium: 506.97mg (50.7%), Vitamin B12: 2.29µg (38.18%), Fiber: 9.14g (36.57%), Zinc: 4.73mg (31.55%), Potassium: 1093.76mg (31.25%), Vitamin B5: 3.08mg (30.76%), Vitamin E: 4.08mg (27.22%), Folate: 91.81µg (22.95%), Vitamin B6: 0.41mg (20.68%), Vitamin B1: 0.25mg (16.38%), Vitamin C: 10.77mg (13.06%), Vitamin K: 13.61µg (12.96%), Vitamin B3: 1.24mg (6.22%)