



Strawberry Chocolate Chip Ice Cream

 Gluten Free

READY IN



750 min.

SERVINGS



4

CALORIES



1106 kcal

DESSERT

Ingredients

- ☐ 8 ounces chocolate chips dark
- ☐ 6 egg yolks
- ☐ 2 cups heavy whipping cream divided
- ☐ 4 servings ice cubes
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch salt
- ☐ 1 quart strawberries hulled sliced
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white divided

☐ 1 cup milk whole

Equipment

☐ food processor

☐ bowl

☐ sauce pan

☐ whisk

☐ sieve

☐ plastic wrap

☐ spatula

☐ ice cream machine

Directions

☐ Blend strawberries, 1/4 cup sugar, and lemon juice in a food processor until strawberries are coarsely chopped.

☐ Transfer mixture to a bowl and refrigerate until chilled, about 1 hour.

☐ Heat 1 cup heavy cream, milk, and 3/4 cup sugar in a saucepan over medium-low heat until warmed through and sugar is dissolved, about 5 minutes; remove from heat, cover, and allow cream mixture to cool for 30 minutes.

☐ Whisk egg yolks together in a bowl. Slowly pour the warm cream mixture into the egg yolks, whisking constantly.

☐ Transfer warmed egg mixture back to the saucepan.

☐ Heat egg yolk mixture over medium heat, constantly stirring and scraping the bottom of the saucepan, until custard thickens enough to coat the back of a spatula, about 5 minutes.

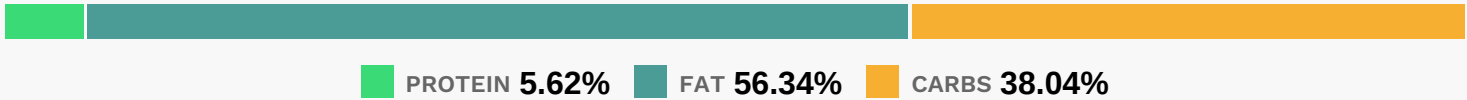
☐ Pour remaining 1 cup heavy cream into a large bowl and set a strainer atop the bowl. Slowly pour custard through strainer and stir.

☐ Add vanilla extract and salt. Stir chilled strawberry mixture and chocolate chips into custard.

☐ Place ice cubes into a large bowl and add water; stir.

- ☐
- Place the bowl of strawberry–chocolate mixture into the ice bath and allow mixture to cool to room temperature, stirring occasionally, about 10 minutes; remove bowl from ice bath and cover with plastic wrap. Refrigerate until well chilled, 8 hours to overnight.
- ☐
- Pour chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft–serve" consistency.
- ☐
- Transfer ice cream to a lidded container. Cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:41.36, Inflammation Score:-9, Nutrition Score:27.796086974766%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1106.23kcal (55.31%), Fat: 70.75g (108.84%), Saturated Fat: 47.56g (297.27%), Carbohydrates: 107.47g (35.82%), Net Carbohydrates: 100.58g (36.57%), Sugar: 87.58g (97.32%), Cholesterol: 433.96mg (144.65%), Sodium: 144.42mg (6.28%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 15.89g (31.79%), Vitamin C: 141.56mg (171.59%), Manganese: 1.02mg (50.79%), Vitamin A: 2271.75IU (45.43%), Calcium: 400.57mg (40.06%), Phosphorus: 364.51mg (36.45%), Vitamin B2: 0.61mg (36.14%), Selenium: 24.05µg (34.35%), Folate: 113.62µg (28.4%), Fiber: 6.9g (27.59%), Potassium: 961.21mg (27.46%), Vitamin D: 4.03µg (26.89%), Zinc: 3.5mg (23.35%),

Vitamin E: 3.4mg (22.69%), Vitamin B5: 2.06mg (20.65%), Vitamin B12: 1.21µg (20.08%), Vitamin B6: 0.36mg (18.01%), Magnesium: 69.07mg (17.27%), Vitamin B1: 0.22mg (14.66%), Iron: 2.59mg (14.37%), Copper: 0.27mg (13.28%), Vitamin K: 13.75µg (13.1%), Vitamin B3: 1.66mg (8.29%)