



Super Simple Mint Chocolate Chunk Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



733 kcal

Ingredients

- ☐ 14 oz eagle brand condensed milk canned
- ☐ 7 oz chocolate dark 70% (2 3.5 oz Lindt mild or)
- ☐ 0.5 cup half & half cream
- ☐ 4 teaspoons vegetable oil. if using olive light
- ☐ 1 teaspoon peppermint extract plus an extra
- ☐ 0.3 scant teaspoon salt
- ☐ 0.8 teaspoon vanilla extract
- ☐ 2 cups whipping cream
- ☐ 3 drops of green blue yellow

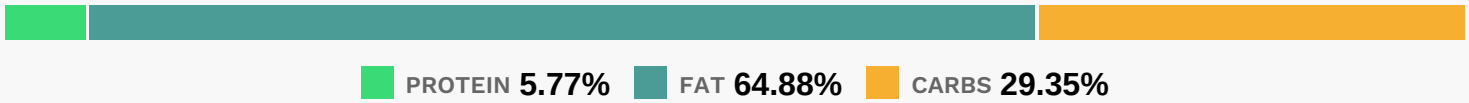
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ mixing bowl
- ☐ loaf pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Melt your chocolate in the microwave using the 50% power setting and stirring at 30 second intervals. Stir the olive oil into the melted chocolate.
- ☐ Pour the mixture onto two plates lined with parchment paper or non-stick foil. Put plates of melted chocolate in the freezer for about 30 minutes or until solid.In a large mixing bowl, stir together your condensed milk, half & half, salt and flavorings.
- ☐ Add a little blue and yellow to make green, or just add a little green coloring if you have that.In a second bowl, whip the cream until stiff peaks form. Fold the whipped cream into the condensed milk mixture.Now take your chocolate out of the freezer, peel away the foil and cut the chocolate into chunks. Stir the chunks into the ice cream. Divide equally among two small plastic containers or pour into a loaf pan and cover with foil. Freeze overnight. Makes about 6 to 8 servings. It's rich so you might want to portion it out among small, pretty, glasses.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:24.61, Inflammation Score:-8, Nutrition Score:15.626956556154%

Nutrients (% of daily need)

Calories: 733.21kcal (36.66%), Fat: 53.48g (82.28%), Saturated Fat: 31.76g (198.52%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 50.83g (18.48%), Sugar: 47.22g (52.46%), Cholesterol: 120.19mg (40.06%), Sodium: 124.5mg (5.41%), Alcohol: 0.4g (100%), Alcohol %: 0.25% (100%), Caffeine: 26.46mg (8.82%), Protein: 10.69g (21.39%), Phosphorus: 334.47mg (33.45%), Manganese: 0.65mg (32.6%), Copper: 0.61mg (30.27%), Vitamin B2:

0.49mg (28.84%), Calcium: 286.1mg (28.61%), Vitamin A: 1427.11IU (28.54%), Magnesium: 100.32mg (25.08%), Iron: 4.17mg (23.15%), Selenium: 15.06µg (21.52%), Potassium: 585.63mg (16.73%), Fiber: 3.61g (14.42%), Zinc: 1.99mg (13.25%), Vitamin E: 1.47mg (9.77%), Vitamin D: 1.4µg (9.34%), Vitamin B12: 0.55µg (9.15%), Vitamin B5: 0.9mg (8.95%), Vitamin K: 7.22µg (6.87%), Vitamin B1: 0.09mg (6.19%), Vitamin B6: 0.08mg (4.22%), Vitamin C: 2.38mg (2.88%), Vitamin B3: 0.57mg (2.83%), Folate: 11.05µg (2.76%)