



## The Secret Ingredient (Marmalade): Creamcicle Ice Cream with Chocolate Chunks

 Vegetarian  Gluten Free

READY IN



265 min.

SERVINGS



6

CALORIES



512 kcal

DESSERT

### Ingredients

- 1.8 ounces chocolate dark 70% cut into small chunks
- 0.8 cup granulated sugar
- 2 cups cup heavy whipping cream cold
- 1 cup milk cold
- 0.5 cup orange marmalade (recommended: Bonne Maman)
- 1 pinch sea salt fine
- 1 tablespoon vanilla extract pure

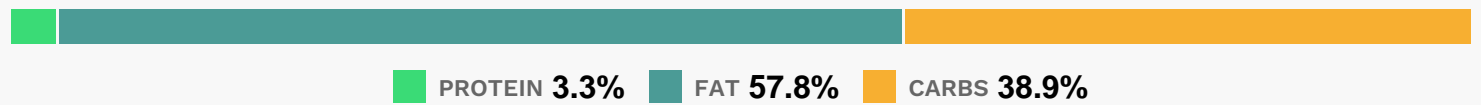
## Equipment

- bowl
- whisk
- pot
- hand mixer
- ice cream machine

## Directions

- Chill ice cream maker bowl overnight in freezer.
- In large bowl, whisk together milk, sugar, and salt with hand mixer on high speed until sugar is dissolved, about 2 minutes.
- Add cream and vanilla extract, and whisk to combine.
- Turn on ice cream maker, and pour in cream mixture. Depending on machine, ice cream should be ready in about 20 minutes.
- Place marmalade in small saucepot over medium-low heat and cook stirring frequently, until just loose enough to pour. With ice cream machine running, add chocolate chunks through top of ice cream maker. Once chocolate is thoroughly combined into ice cream, steadily stream in marmalade (don't pour it in all at once), and allow machine to just distribute it as ribbons through ice cream. Stop machine before marmalade gets completely combined with ice cream.
- Transfer ice cream to a large sealed container, and freeze until set, at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:21.85, Glycemic Load:18.84, Inflammation Score:-6, Nutrition Score:6.6995651773784%

## Nutrients (% of daily need)

Calories: 511.67kcal (25.58%), Fat: 33.55g (51.61%), Saturated Fat: 21.03g (131.43%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 49.71g (18.08%), Sugar: 47.48g (52.76%), Cholesterol: 94.77mg (31.59%), Sodium: 60.37mg

(2.62%), Alcohol: 0.75g (100%), Alcohol %: 0.52% (100%), Caffeine: 6.61mg (2.2%), Protein: 4.31g (8.62%), Vitamin A: 1251.84IU (25.04%), Vitamin B2: 0.23mg (13.25%), Calcium: 119.04mg (11.9%), Vitamin D: 1.72µg (11.44%), Phosphorus: 113.75mg (11.38%), Copper: 0.18mg (9.12%), Manganese: 0.17mg (8.74%), Magnesium: 30.08mg (7.52%), Iron: 1.12mg (6.21%), Vitamin B12: 0.37µg (6.16%), Potassium: 209.06mg (5.97%), Selenium: 4.02µg (5.75%), Vitamin E: 0.81mg (5.43%), Fiber: 1.09g (4.35%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.39mg (3.93%), Vitamin K: 3.26µg (3.11%), Vitamin B6: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.87%), Vitamin C: 1.76mg (2.13%), Folate: 5.57µg (1.39%), Vitamin B3: 0.2mg (1.02%)