



Very Chocolate Ice Cream

 Gluten Free

READY IN



260 min.

SERVINGS



8

CALORIES



360 kcal

DESSERT

Ingredients

- 3 egg yolk lightly beaten
- 2 cups cup heavy whipping cream
- 1 cup milk
- 0.3 teaspoon salt
- 2 ounces bittersweet chocolate chopped
- 0.8 cup sugar
- 2 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

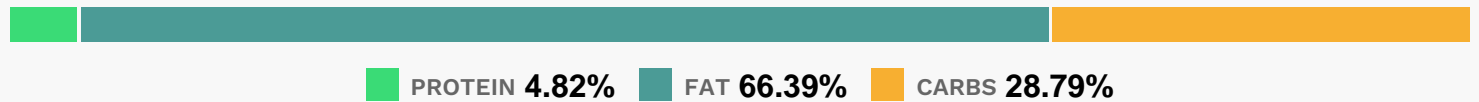
Equipment

- bowl
- sauce pan
- ice cream machine

Directions

- Combine sugar, milk, salt, and cocoa powder in a saucepan over medium heat, stirring constantly. Bring to a simmer.
- Place the egg yolks into a small bowl. Gradually stir in about 1/2 cup of the hot liquid. and return to the saucepan.
- Heat until thickened, but do not boil.
- Remove from the heat, and stir in the chopped chocolate until chocolate is melted.
- Pour into a chilled bowl, and refrigerate for about two hours until cold, stirring occasionally.
- When chocolate mixture has completely cooled, stir in the cream, and vanilla.
- Pour into an ice cream maker, and freeze according to manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:13.63, Inflammation Score:-6, Nutrition Score:6.2878261130789%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 359.85kcal (17.99%), Fat: 27.19g (41.83%), Saturated Fat: 16.56g (103.5%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 25.5g (9.27%), Sugar: 24.64g (27.38%), Cholesterol: 144.22mg (48.07%), Sodium: 104.77mg (4.56%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Caffeine: 8.97mg (2.99%), Protein: 4.44g (8.88%), Vitamin A: 1024.94IU (20.5%), Phosphorus: 119.27mg (11.93%), Vitamin B2: 0.2mg (11.77%), Vitamin D: 1.65µg (11.01%),

Selenium: 7.03µg (10.04%), Calcium: 91.77mg (9.18%), Copper: 0.15mg (7.48%), Manganese: 0.15mg (7.47%),
Vitamin B12: 0.4µg (6.74%), Magnesium: 26.94mg (6.73%), Vitamin E: 0.78mg (5.2%), Vitamin B5: 0.49mg (4.92%),
Iron: 0.88mg (4.87%), Potassium: 169.95mg (4.86%), Zinc: 0.7mg (4.66%), Fiber: 1.03g (4.12%), Vitamin B6: 0.07mg
(3.35%), Folate: 12.64µg (3.16%), Vitamin B1: 0.04mg (2.94%), Vitamin K: 2.58µg (2.46%)