

Coconut Chip Ice Cream

*Michael Tyrrell and Melissa Knific
Family Circle Magazine - August 2013*

Yield: 12 1/2 cup servings

*5 egg yolks
1/2 cup sugar, divided
1 cup coconut milk
1 cup heavy cream
1 cup whole milk
1/8 teaspoon salt
1 cup shredded coconut, divided
1 cup Nestle Toll House dark
chocolate morsels*

Preparation Time: 15 minutes

Bake: 8 minutes

In a large bowl, whisk together the egg yolks and 1/4 cup of sugar. Set aside.

In a small pot, combine the coconut milk, heavy cream, whole milk, remaining 1/4 cup of sugar and the salt. Bring to a simmer. Remove from the heat and slowly pour into the yolk sugar mixture while whisking. Return to the pot and stir over medium-low heat until it coats the back of a wooden spoon or reaches 170 to 180 degrees, about 4 to 8 minutes. Strain and cool.

Preheat the oven to 350 degrees.

Scatter 1/2 cup of the coconut on a baking sheet. Bake for 5 minutes. Stir and bake for another 2 to 3 minutes, until lightly browned. Cool.

Process the cooled mixture in an ice cream maker according to the manufacturers directions. During the last 5 minutes, stir in the toasted coconut, remaining 1/2 cup of coconut and the chocolate morsels.

Transfer to a lidded container and freeze at least one hour.

Per Serving (excluding unknown items): 2207 Calories; 179g Fat (70.9% calories from fat); 32g Protein; 133g Carbohydrate; 5g Dietary Fiber; 1423mg Cholesterol; 537mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Non-Fat Milk; 34 1/2 Fat; 6 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2207	Vitamin B6 (mg):	.5mg
% Calories from Fat:	70.9%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	23.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	1.2mg
Total Fat (g):	179g	Folacin (mcg):	181mcg
Saturated Fat (g):	119g	Niacin (mg):	2mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	1423mg	% Refuse:	0.0%
Carbohydrate (g):	133g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0
Protein (g):	32g	Lean Meat:	1 1/2
Sodium (mg):	537mg	Vegetable:	0
Potassium (mg):	1260mg	Fruit:	1/2
Calcium (mg):	600mg	Non-Fat Milk:	1 1/2
Iron (mg):	7mg	Fat:	34 1/2
Zinc (mg):	6mg	Other Carbohydrates:	6 1/2
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	5420IU		
Vitamin A (r.e.):	1579 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 2207 **Calories from Fat:** 1566

% Daily Values*

Total Fat 179g	275%
Saturated Fat 119g	593%
Cholesterol 1423mg	474%
Sodium 537mg	22%
Total Carbohydrates 133g	44%
Dietary Fiber 5g	21%
Protein 32g	
Vitamin A	108%
Vitamin C	17%
Calcium	60%
Iron	39%

* Percent Daily Values are based on a 2000 calorie diet.