



American-Style Ice Cream



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



30

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 2 cups heavy cream
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1 cup milk whole

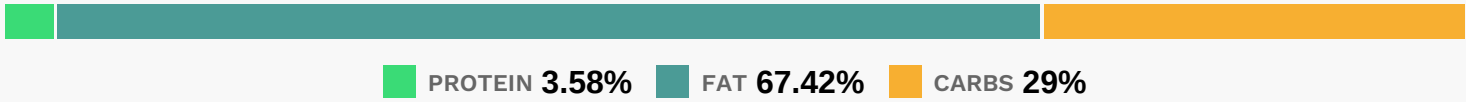
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Set a medium bowl in a large bowl of ice water. In a small saucepan, combine the cream, milk, sugar and salt and bring to a simmer, stirring to dissolve the sugar completely.
- ☐ Pour the ice cream base into the medium bowl and let cool completely, stirring occasionally. Refrigerate until very cold, at least 1 hour or overnight.
- ☐ Pour the base into an ice cream maker with flavorings, if using, and freeze according to the manufacturer's instructions.
- ☐ Transfer the ice cream to a plastic container, cover and freeze until firm, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:3.63, Inflammation Score:-1, Nutrition Score:0.92347824371055%

Nutrients (% of daily need)

Calories: 78.08kcal (3.9%), Fat: 6g (9.24%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.81g (2.11%), Sugar: 5.84g (6.49%), Cholesterol: 18.91mg (6.3%), Sodium: 8.72mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin A: 246.42IU (4.93%), Vitamin B2: 0.04mg (2.47%), Vitamin D: 0.34µg (2.29%), Calcium: 20.53mg (2.05%), Phosphorus: 17.42mg (1.74%), Vitamin B12: 0.07µg (1.16%)