



Arnold Palmer Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



883 kcal

DESSERT

Ingredients

- ☐ 3 tea bags black
- ☐ 5 large egg yolks
- ☐ 230 g heavy cream
- ☐ 1 cup juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 0.1 teaspoon salt
- ☐ 134 g sugar
- ☐ 230 g milk whole

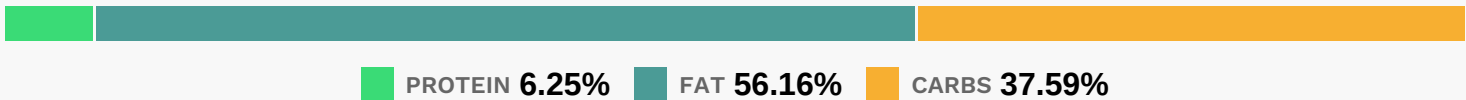
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ stove
- ☐ ice cream machine

Directions

- ☐ Combine milk, sugar, and salt in a medium saucepan.
- ☐ Heat on medium until sugar is dissolved and mixture is just about to boil.
- ☐ Remove from heat and place in tea bags. Cover and let steep for about 30 minutes.
- ☐ Remove tea bags and bring mixture back to a boil over medium heat on the stove. Meanwhile, whisk egg yolks together in a medium bowl.
- ☐ Pour hot milk mixture into the egg yolks, whisking constantly to avoid cooking the eggs. Return mixture to saucepan and place back on stove. Cook mixture over medium heat, stirring constantly with a wooden spoon, until mixture thickens and coats the back of the spoon.
- ☐ Place heavy cream in a large bowl.
- ☐ Combine lemon zest, lemon juice, milk and cream together in a large bowl and stir together to combine.
- ☐ Add sugar and stir to combine.
- ☐ Add more sugar to taste if necessary. Cover and chill mixture in refrigerator for about an hour. Freeze in ice cream maker per manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:48.81, Inflammation Score:-8, Nutrition Score:20.229130615359%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 883.05kcal (44.15%), Fat: 56.97g (87.65%), Saturated Fat: 32.7g (204.36%), Carbohydrates: 85.79g (28.6%), Net Carbohydrates: 85.11g (30.95%), Sugar: 79.19g (87.99%), Cholesterol: 602.75mg (200.92%), Sodium: 242.56mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Vitamin C: 51.77mg (62.76%), Vitamin A: 2498.47IU (49.97%), Selenium: 29.98µg (42.83%), Vitamin B2: 0.63mg (37.22%), Vitamin D: 5.4µg (36%), Phosphorus: 358.72mg (35.87%), Calcium: 284.27mg (28.43%), Vitamin B12: 1.63µg (27.23%), Folate: 91.44µg (22.86%), Vitamin B5: 2.16mg (21.62%), Vitamin E: 2.4mg (16.02%), Vitamin B6: 0.32mg (16.02%), Potassium: 459.9mg (13.14%), Vitamin B1: 0.19mg (12.89%), Zinc: 1.8mg (12%), Iron: 1.43mg (7.95%), Magnesium: 31.75mg (7.94%), Vitamin K: 4.32µg (4.12%), Copper: 0.07mg (3.68%), Fiber: 0.68g (2.74%), Manganese: 0.05mg (2.34%), Vitamin B3: 0.33mg (1.64%)