



Asparagus Ice Cream



Vegetarian



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



1100 kcal

DESSERT

Ingredients

- 2 pounds asparagus
- 6 large egg yolks
- 0.3 cup heavy cream
- 1 serving kosher salt
- 0.3 cup sugar
- 1.3 cups milk whole

Equipment

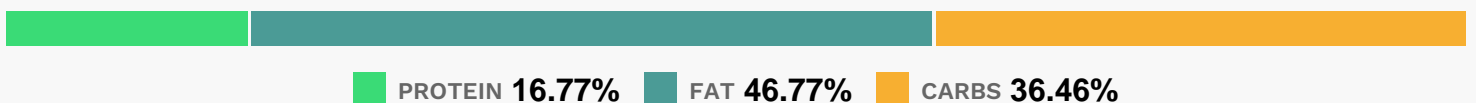
- bowl

- frying pan
- sauce pan
- whisk
- pot
- sieve
- blender
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Cut the top 2 to 3 inches from each asparagus stalk; reserve the bottoms for another use.
- Fill a large bowl with ice water. Bring a pot of salted water to a boil.
- Add the asparagus tops and cook until bright green, 2 to 3 minutes.
- Drain and plunge into the ice water, then drain well and transfer to a blender; set aside.
- Whisk the egg yolks and sugar in a medium bowl.
- Heat the milk and cream in a saucepan over medium heat until it just boils.
- Remove from the heat and gradually add the yolk mixture, whisking constantly. Return the pan to the heat and cook, stirring constantly with a wooden spoon, until the custard is thick enough to coat the spoon and a thermometer registers 170 degrees F, about 10 minutes (do not let the custard boil).
- Transfer the custard to the blender with the asparagus and puree until smooth, 1 to 2 minutes. Cool completely, then strain through a fine-mesh strainer.
- Freeze the asparagus custard in an ice cream maker according to the manufacturer's instructions. Use two spoons to shape the ice cream into quenelles (oval-shaped scoops).

Nutrition Facts



Properties

Glycemic Index:140.09, Glycemic Load:45.85, Inflammation Score:-10, Nutrition Score:76.649130448051%

Flavonoids

Isorhamnetin: 51.71mg, Isorhamnetin: 51.71mg, Isorhamnetin: 51.71mg, Isorhamnetin: 51.71mg Kaempferol: 12.61mg, Kaempferol: 12.61mg, Kaempferol: 12.61mg, Kaempferol: 12.61mg Quercetin: 126.82mg, Quercetin: 126.82mg, Quercetin: 126.82mg, Quercetin: 126.82mg

Nutrients (% of daily need)

Calories: 1099.88kcal (54.99%), Fat: 60.17g (92.57%), Saturated Fat: 29.84g (186.5%), Carbohydrates: 105.54g (35.18%), Net Carbohydrates: 86.49g (31.45%), Sugar: 84.91g (94.35%), Cholesterol: 1207.88mg (402.63%), Sodium: 401.09mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.54g (97.07%), Vitamin K: 380.98µg (362.84%), Vitamin A: 9730.85IU (194.62%), Folate: 623.04µg (155.76%), Vitamin B2: 2.39mg (140.47%), Iron: 22.28mg (123.8%), Phosphorus: 1232.63mg (123.26%), Selenium: 86.25µg (123.22%), Vitamin B1: 1.67mg (111.39%), Vitamin E: 13.59mg (90.62%), Copper: 1.81mg (90.33%), Calcium: 789.35mg (78.94%), Fiber: 19.05g (76.2%), Manganese: 1.51mg (75.28%), Potassium: 2489.26mg (71.12%), Vitamin B6: 1.4mg (70.09%), Vitamin B5: 6.9mg (69.01%), Vitamin D: 10.04µg (66.92%), Vitamin B12: 3.84µg (64.02%), Vitamin C: 51.16mg (62.01%), Zinc: 8.73mg (58.18%), Vitamin B3: 9.28mg (46.38%), Magnesium: 175.32mg (43.83%)