



At Home Cherry Garcia Ice Cream

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 2 cup cherries pitted halved
- ☐ 1 cup cherry plain
- ☐ 3 large egg yolks
- ☐ 2 cup half and half
- ☐ 1 cup heavy cream
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 1 cup semi-sweet chocolate chopped

☐ 0.8 cup sugar

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ ladle

☐ whisk

☐ sieve

☐ wooden spoon

☐ measuring cup

Directions

☐ Combine the half and half milk, ¼-cup sugar, salt, and vanilla bean in a medium saucepan. Bring to a simmer and cook, stirring, until sugar is dissolved; remove from heat. In a medium bowl, whisk together remaining sugar and yolks; set aside.

☐ Remove vanilla bean from milk mixture, and discard. Bring the milk mixture just to a simmer. Using a measuring cup or a ladle, slowly pour about ½ cup of the hot milk mixture into the egg-yolk mixture, whisking constantly. Keep adding milk mixture, about ½ cup at a time until it has all been added.

☐ Pour mixture back into saucepan, and cook over low heat, stirring constantly with a wooden spoon, until mixture is thick enough to coat the back of a spoon, 5 to 8 minutes.

☐ Pour through a fine sieve into a medium bowl. Stir in heavy cream; let cool completely. Cover and transfer to refrigerator until chilled at least 1 hour and up to overnight.

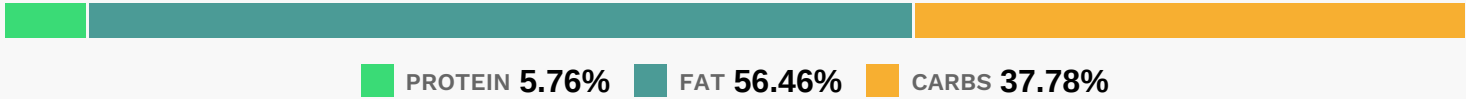
☐ Place cherries in a small pan.

☐ Add the brandy and set over medium heat. Gently poach the cherries 4–6 minutes until barely softened; set aside.

☐ Pour custard into an ice-cream maker and process according to manufacturers' instructions. During the last minute or two of processing, add the drained cherries along with chocolate. Continue processing until set, but not hard.

☐ Transfer the soft ice cream to a plastic container; freeze at least 3 hours and up to overnight.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:15.21, Inflammation Score:-6, Nutrition Score:9.6656521973403%

Flavonoids

Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg, Cyanidin: 15.63mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg, Catechin: 2.26mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 450.68kcal (22.53%), Fat: 28.91g (44.47%), Saturated Fat: 17.11g (106.94%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 40.68g (14.79%), Sugar: 38.24g (42.49%), Cholesterol: 128.62mg (42.87%), Sodium: 66.81mg (2.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.81mg (6.27%), Protein: 6.64g (13.28%), Phosphorus: 198.14mg (19.81%), Vitamin A: 836.89IU (16.74%), Manganese: 0.33mg (16.62%), Vitamin B2: 0.28mg (16.49%), Copper: 0.32mg (15.96%), Calcium: 150.59mg (15.06%), Magnesium: 56.3mg (14.08%), Selenium: 8.93µg (12.75%), Potassium: 400.11mg (11.43%), Fiber: 2.84g (11.35%), Iron: 1.81mg (10.07%), Vitamin B12: 0.49µg (8.18%), Zinc: 1.2mg (7.98%), Vitamin D: 1.16µg (7.71%), Vitamin B5: 0.72mg (7.24%), Vitamin B6: 0.11mg (5.72%), Vitamin C: 4.35mg (5.27%), Vitamin E: 0.77mg (5.13%), Vitamin B1: 0.07mg (4.89%), Vitamin K: 4.54µg (4.32%), Folate: 14.38µg (3.6%), Vitamin B3: 0.38mg (1.91%)