



Basic Dessert Wine Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 1.5 cups half-and-half light (cream)
- ☐ 1.5 cups milk low-fat
- ☐ 4 servings flavoring (choices follow)
- ☐ 0.8 cup sugar
- ☐ 4 servings cooking wine (choices follow)

Equipment

- ☐ bowl

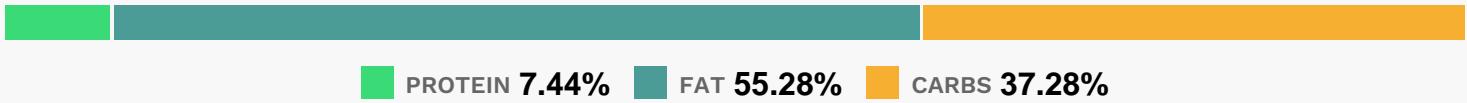
- ☐ frying pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a 2- to 3-quart pan, mix milk, half-and-half, and sugar. Stir often over medium heat until mixture just begins to steam and bubbles form at pan edge.
- ☐ In a bowl, whisk about 1/3 of the hot milk mixture into eggs, then return mixture to pan. Cook, stirring, until custard is thick enough to coat a metal spoon with a smooth, velvety layer, about 20 minutes. Immediately, set pan in ice water and stir often until custard is slightly cool, about 10 minutes, or until cold, about 30 minutes. Or cover and chill cool custard at least 3 or up to 24 hours.
- ☐ Mix wine with custard and pour into a 1-quart or larger ice cream freezer container (self-refrigerated or frozen cylinder, or use 8 parts crushed ice to 1 part salt).
- ☐ Freeze according to manufacturer's directions or until dasher is difficult to turn.
- ☐ Serve ice cream soft-frozen. Or, if making ahead, pack ice cream in a freezer container and freeze airtight up to 1 week.
- ☐ Add 2 teaspoons grated orange peel to milk mixture before heating. To chilled custard, add 1 cup Orange Muscat wine. When mixture is partially frozen, add 4 ounces finely chopped bittersweet or semisweet chocolate, then continue as directed. Makes about 6 cups.
- ☐ Per 1/2-cup serving: 198 cal., 39% (77 cal.) from fat; 1g protein; 6g fat (6g sat.); 27g carbo (0g fiber); 45mg sodium; 67mg chol.
- ☐ Add 1/2 teaspoon ground cinnamon and 1 split vanilla bean (about 4 in. long) to milk mixture before heating.
- ☐ Remove vanilla bean from chilled custard; scrape seeds free and return them to custard along with 1 cup port. Freeze as directed. Makes 4 cups.
- ☐ Per 1/2-serving: 230 cal.; 31% (71 cal.) from fat; 2g protein; 9g fat (3g sat.); 27g carbo (0g fiber); 68mg sodium; 100mg chol.
- ☐ Add 1 tablespoon minced fresh ginger to milk mixture before heating.
- ☐ Pour chilled custard through a fine strainer into a bowl; discard ginger. Stir in 1/2 cup cream sherry and 1/3 cup minced crystallized ginger. Freeze as directed. Makes 4 cups.

Per 1/2-cup serving: 241 cal., 29% (71 cal.) from fat; 2g protein; 9g fat (3g sat.); 34g carbo (0g fiber); 73mg sodium; 100mg chol.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:26.78, Inflammation Score:-7, Nutrition Score:10.814347728439%

Nutrients (% of daily need)

Calories: 620.6kcal (31.03%), Fat: 32.23g (49.58%), Saturated Fat: 19.01g (118.8%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 48.89g (17.78%), Sugar: 43.22g (48.02%), Cholesterol: 243.41mg (81.14%), Sodium: 126.01mg (5.48%), Alcohol: 15.39g (100%), Alcohol %: 4.85% (100%), Protein: 9.76g (19.53%), Vitamin B2: 0.45mg (26.38%), Vitamin A: 1283.86IU (25.68%), Phosphorus: 249.68mg (24.97%), Calcium: 206.57mg (20.66%), Selenium: 14.34µg (20.49%), Vitamin B12: 1.05µg (17.55%), Vitamin D: 2.26µg (15.07%), Potassium: 426.67mg (12.19%), Vitamin B5: 1.18mg (11.81%), Vitamin B6: 0.22mg (11.09%), Manganese: 0.2mg (9.95%), Magnesium: 37.67mg (9.42%), Zinc: 1.28mg (8.56%), Vitamin E: 1.2mg (8%), Iron: 1.25mg (6.94%), Vitamin B1: 0.09mg (6.29%), Folate: 24.46µg (6.11%), Vitamin K: 2.62µg (2.5%), Copper: 0.05mg (2.36%), Vitamin B3: 0.41mg (2.06%)