

Basil Ice Cream





DESSERT

Ingredients

4 large egg yolk
3 tablespoons basil fresh chopped
0.5 cup cup heavy whipping cream
0.5 cup sugar

2 cups milk whole

Equipment

bowl
sauce pan

	sieve		
	blender		
	hand mixer		
	wooden spoon		
	kitchen thermometer		
	ice cream machine		
Directions			
	Bring milk, basil, 1/4 cup sugar, and a pinch of salt to a boil in a 2-quart heavy saucepan, stirring, then remove from heat and let steep 30 minutes.		
	Transfer to a blender (reserve saucepan) and blend until basil is finely ground, about 1 minute.		
	Beat together yolks and remaining 1/4 cup sugar in a medium bowl with an electric mixer until thick and pale, about 1 minute.		
	Add milk mixture in a stream, beating until combined well.		
	Pour mixture into reserved saucepan and cook over moderate heat, stirring constantly with a wooden spoon, until mixture coats back of spoon and registers 175°F on thermometer (do not let boil). Immediately remove from heat and pour through a fine-mesh sieve into a metal bowl. Set bowl in a larger bowl of ice water and stir until cold, 10 to 15 minutes.		
	Stir in cream and freeze in ice cream maker.		
	Transfer ice cream to an airtight container and put in freezer to harden, at least 2 hours.		
Nutrition Facts			
PROTEIN 9.16% FAT 52.17% CARBS 38.67%			

Properties

Glycemic Index:59.36, Glycemic Load:26.17, Inflammation Score:-6, Nutrition Score:11.679565196452%

Nutrients (% of daily need)

Calories: 434.25kcal (21.71%), Fat: 25.65g (39.46%), Saturated Fat: 14.31g (89.47%), Carbohydrates: 42.79g (14.26%), Net Carbohydrates: 42.76g (15.55%), Sugar: 42.38g (47.09%), Cholesterol: 309.14mg (103.05%), Sodium: 83.82mg (3.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 10.13g (20.26%), Phosphorus: 276.82mg (27.68%), Calcium: 259.37mg (25.94%), Vitamin A: 1278.97IU (25.58%), Vitamin B2: 0.43mg (25.09%), Selenium:

17.18μg (24.54%), Vitamin D: 3.65μg (24.32%), Vitamin B12: 1.38μg (23.06%), Vitamin B5: 1.39mg (13.9%), Vitamin B6: 0.2mg (9.78%), Vitamin K: 10.22μg (9.73%), Vitamin B1: 0.14mg (9.31%), Folate: 36.04μg (9.01%), Potassium: 312.96mg (8.94%), Zinc: 1.3mg (8.69%), Vitamin E: 1.05mg (6.98%), Magnesium: 24.71mg (6.18%), Iron: 0.74mg (4.1%), Manganese: 0.04mg (2.18%), Copper: 0.03mg (1.67%), Vitamin B3: 0.22mg (1.1%)