

Basil Ice Cream



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



434 kcal

DESSERT

Ingredients

- ☐ 4 large egg yolks
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.5 cup well-chilled heavy cream
- ☐ 0.5 cup sugar
- ☐ 2 cups milk whole

Equipment

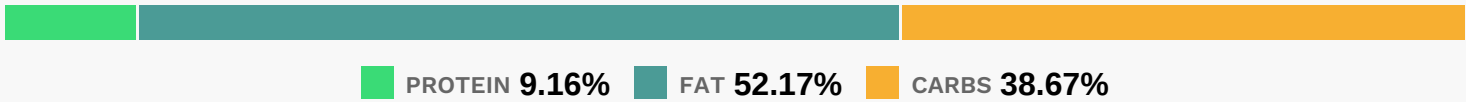
- ☐ bowl
- ☐ sauce pan

- ☐ 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



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: 0g (100%), Alcohol %: 0% (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%)