



food
network

Berry Ice Cream

 Vegetarian

READY IN



445 min.

SERVINGS



2

CALORIES



1052 kcal

DESSERT

Ingredients

- ☐ 0.8 cup poached berries mixed fresh
- ☐ 2 egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 pint milk
- ☐ 1 cup sugar
- ☐ 1 vanilla bean-split
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ Combine the cream, milk, and sugar in a medium, heavy saucepan.
- ☐ Combine the flour and the water and whisk into the mixture. Scrape the seeds from the vanilla bean into the pan and add the vanilla bean halves. Bring to a gentle boil over medium heat.
- ☐ Remove from the heat.
- ☐ Beat the egg yolks in a medium bowl.
- ☐ Whisk 1 cup of the hot cream into the egg yolks. Gradually add the egg mixture in a slow, steady stream, to the hot cream. Cook over medium-low heat, stirring occasionally, until the mixture thickens enough to coat the back of a spoon and reaches 170 degrees F. on an instant-read thermometer, about 5 minutes.
- ☐ Remove from the heat and strain through a fine mesh strainer into a clean container. Cover with plastic wrap, pressing down against the surface to keep a skin from forming. Chill in the refrigerator for 2 hours.
- ☐ With a food processor, chop the berries until fine. Set aside. Turn on the ice cream maker and pour in custard. When the ice cream is 3/4 ready, pour in the berries and finish freezing.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 5.56%**  **FAT 47.01%**  **CARBS 47.43%**

Properties

Glycemic Index:91.55, Glycemic Load:78.15, Inflammation Score:-8, Nutrition Score:18.561304434486%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg, Petunidin: 10.56mg Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg, Delphinidin: 12.55mg Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg, Malvidin: 28.86mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 1052.33kcal (52.62%), Fat: 56.44g (86.83%), Saturated Fat: 33.53g (209.57%), Carbohydrates: 128.11g (42.7%), Net Carbohydrates: 126.34g (45.94%), Sugar: 119.69g (132.99%), Cholesterol: 357.26mg (119.09%), Sodium: 133.15mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Vitamin A: 2418.87IU (48.38%), Vitamin B2: 0.72mg (42.52%), Calcium: 399.99mg (40%), Phosphorus: 392.67mg (39.27%), Vitamin D: 5.48µg (36.52%), Selenium: 21.35µg (30.49%), Vitamin B12: 1.82µg (30.32%), Vitamin B5: 1.83mg (18.3%), Vitamin B1: 0.27mg (17.7%), Potassium: 528.96mg (15.11%), Vitamin B6: 0.29mg (14.33%), Vitamin K: 14.2µg (13.52%), Vitamin E: 1.96mg (13.07%), Folate: 48.83µg (12.21%), Zinc: 1.77mg (11.83%), Magnesium: 42.33mg (10.58%), Manganese: 0.16mg (8.06%), Fiber: 1.77g (7.09%), Iron: 1.11mg (6.18%), Vitamin B3: 1.07mg (5.37%), Copper: 0.07mg (3.43%), Vitamin C: 2.17mg (2.63%)