



Blueberry-Lime Ice Cream

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1444 kcal

DESSERT

Ingredients

- 2 cups blueberries
- 0.5 teaspoon cinnamon
- 6 egg yolk
- 2 cups cup heavy whipping cream
- 0.8 teaspoon kosher salt to taste
- 2 teaspoons juice of lime to taste
- 1 lime zest peeled
- 1 star anise

- 0.8 cup sugar
- 1 cup milk whole

Equipment

- sauce pan
- blender

Directions

- In a non-reactive medium saucepan, cook blueberries on medium heat with star anise, cinnamon, lime zest, and sugar until the blueberries lose their shape and a jammy syrup forms, 15 to 20 minutes.
- Remove star anise and transfer to blender.
- On top of blueberries add cream, then milk, then egg yolks. Blend on high speed until thoroughly pureed, about 30 seconds. Strain into a clean medium saucepan.
- Cook base on medium heat, stirring frequently, until a custard forms on a spoon but a finger swiped across the back leaves a clean line.
- Remove from heat and strain into an airtight container. Stir in lime juice to taste, then salt to taste. Base should have a slight but not pronounced tartness.
- Chill overnight in refrigerator, then the next day, churn according to manufacturer's instructions.
- Transfer ice cream to freezer and chill for at least 4 hours before serving.

Nutrition Facts

  
 **PROTEIN 5.59%**  **FAT 63.48%**  **CARBS 30.93%**

Properties

Glycemic Index:95.05, Glycemic Load:62.53, Inflammation Score:-10, Nutrition Score:30.810434714608%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg

Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1443.61kcal (72.18%), Fat: 105.02g (161.56%), Saturated Fat: 62.22g (388.88%), Carbohydrates: 115.15g (38.38%), Net Carbohydrates: 110.3g (40.11%), Sugar: 103.37g (114.86%), Cholesterol: 866.78mg (288.93%), Sodium: 1011.72mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.61%), Vitamin A: 4577.12IU (91.54%), Vitamin B2: 0.99mg (57.94%), Selenium: 40.48µg (57.83%), Vitamin D: 8.07µg (53.77%), Phosphorus: 498.87mg (49.89%), Calcium: 406.96mg (40.7%), Vitamin K: 37.31µg (35.53%), Vitamin B12: 2.09µg (34.88%), Vitamin C: 27.16mg (32.92%), Manganese: 0.64mg (32.1%), Vitamin E: 4.58mg (30.56%), Vitamin B5: 2.94mg (29.45%), Folate: 100.5µg (25.13%), Vitamin B6: 0.44mg (22.2%), Fiber: 4.85g (19.39%), Vitamin B1: 0.28mg (18.59%), Potassium: 632.98mg (18.09%), Zinc: 2.64mg (17.58%), Iron: 2.6mg (14.46%), Magnesium: 46.46mg (11.62%), Copper: 0.19mg (9.43%), Vitamin B3: 1.01mg (5.04%)