



## Bourbon-Vanilla Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1334 kcal

DESSERT

### Ingredients

- ☐ 7 egg yolk
- ☐ 1.8 cups cup heavy whipping cream
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod
- ☐ 1 tablespoon vanilla extract
- ☐ 1.5 cups milk whole

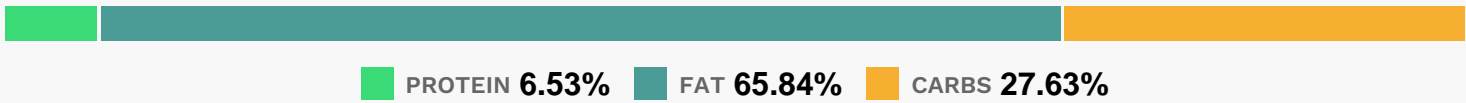
### Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ ice cream machine

## Directions

- ☐ Combine cream and milk in a medium saucepan. Split the vanilla bean in half lengthwise and scrape the seeds into the cream mixture.
- ☐ Add the vanilla bean to the cream mixture and bring to just under a boil over medium heat.
- ☐ Remove the cream from the heat and steep, covered, for 20 minutes.
- ☐ Combine the egg yolks with the sugar and salt in a mixing bowl.
- ☐ Whisk until the color lightens. Slowly whisk 1/4 cup of the hot cream into the egg mixture to temper it, then whisk the egg mixture back into the cream mixture. Cook over medium heat until the mixture thickens and coats the back of a spoon without running.
- ☐ Remove from heat and strain the mixture through a fine-mesh sieve.
- ☐ Add the vanilla extract and the bourbon.
- ☐ Chill completely (at least 4 hours, or overnight) in the refrigerator, then freeze in an ice cream maker according to the manufacturers instructions.

## Nutrition Facts



## Properties

Glycemic Index:54.05, Glycemic Load:55.61, Inflammation Score:-9, Nutrition Score:26.086956630582%

## Nutrients (% of daily need)

Calories: 1334.05kcal (66.7%), Fat: 98.35g (151.3%), Saturated Fat: 57.32g (358.24%), Carbohydrates: 92.87g (30.96%), Net Carbohydrates: 92.87g (33.77%), Sugar: 90.91g (101.01%), Cholesterol: 937.68mg (312.56%), Sodium: 302.68mg (13.16%), Alcohol: 2.24g (100%), Alcohol %: 0.53% (100%), Protein: 21.94g (43.88%), Vitamin A: 4266.19IU (85.32%), Selenium: 45.45µg (64.94%), Vitamin B2: 1mg (58.65%), Vitamin D: 8.75µg (58.31%), Phosphorus: 551.71mg (55.17%), Calcium: 445.36mg (44.54%), Vitamin B12: 2.55µg (42.5%), Vitamin B5: 3.1mg (31%), Folate:

100.31µg (25.08%), Vitamin E: 3.63mg (24.22%), Vitamin B6: 0.41mg (20.34%), Zinc: 2.71mg (18.09%), Vitamin B1: 0.26mg (17.05%), Potassium: 552.16mg (15.78%), Iron: 1.97mg (10.97%), Magnesium: 40.47mg (10.12%), Vitamin K: 7.65µg (7.29%), Copper: 0.08mg (4.16%), Manganese: 0.06mg (3.12%), Vitamin B3: 0.37mg (1.84%), Vitamin C: 1.25mg (1.51%)