



Brown Butter and Peanut Brittle Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



949 kcal

DESSERT

Ingredients

- ☐ 0.3 cup t brown sugar dark
- ☐ 6 large egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.7 cup peanuts coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted ()
- ☐ 0.8 teaspoon vanilla extract

☐ 1 cup milk whole

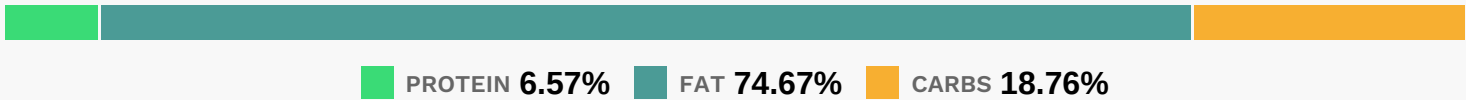
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ Melt butter in small skillet over medium-low heat. Cook until butter turns dark amber, stirring occasionally, about 6 minutes (do not burn).
- ☐ Pour through fine strainer into small bowl. Bring cream and milk to simmer in large saucepan.
- ☐ Whisk egg yolks, both sugars, and salt in large bowl until thick and well blended.
- ☐ Add brown butter; whisk to blend. Gradually whisk hot cream mixture into yolk mixture; return to same saucepan. Stir mixture over medium-low heat until instant-read thermometer registers 178°F, about 5 minutes. Strain custard into large bowl. Set bowl over larger bowl of ice water. Stir until custard is cold. Stir in vanilla.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Add peanut brittle during last 1 minute.
- ☐ Transfer ice cream to container; freeze. DO AHEAD: Can be prepared 2 days ahead. Keep frozen.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:19.074347832929%

Nutrients (% of daily need)

Calories: 948.57kcal (47.43%), Fat: 80.82g (124.35%), Saturated Fat: 43.59g (272.42%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 43.37g (15.77%), Sugar: 41.08g (45.64%), Cholesterol: 462.34mg (154.11%), Sodium: 225.92mg (9.82%), Alcohol: 0.26g (100%), Alcohol %: 0.11% (100%), Protein: 16g (32%), Vitamin A: 2740.62IU (54.81%), Manganese: 0.68mg (33.77%), Phosphorus: 330.31mg (33.03%), Selenium: 21.29µg (30.42%), Vitamin B2: 0.49mg (28.61%), Vitamin D: 4.27µg (28.45%), Folate: 101.2µg (25.3%), Calcium: 232.85mg (23.29%), Vitamin B3: 4.05mg (20.27%), Vitamin B1: 0.27mg (17.88%), Vitamin B5: 1.77mg (17.71%), Vitamin B12: 1.05µg (17.55%), Magnesium: 64.84mg (16.21%), Vitamin E: 2.27mg (15.14%), Copper: 0.27mg (13.31%), Vitamin B6: 0.26mg (13.06%), Potassium: 444.28mg (12.69%), Zinc: 1.67mg (11.1%), Iron: 1.91mg (10.62%), Fiber: 2.31g (9.25%), Vitamin K: 5.64µg (5.37%)