



Brown Sugar-Ginger Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons brown sugar dark packed ()
- ☐ 4 large egg yolks
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups whipping cream
- ☐ 1 cup milk whole

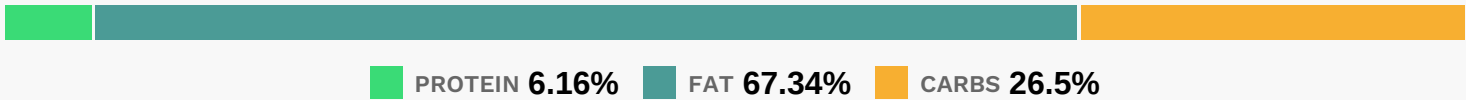
Equipment

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

Directions

- ☐ Whisk yolks, both sugars and salt in medium bowl to blend. Bring cream and milk to simmer in medium saucepan. Gradually whisk hot cream mixture into yolk mixture. Return to saucepan. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes (do not boil).
- ☐ Transfer custard to medium bowl.
- ☐ Whisk in vanilla and ginger. Chill at least 4 hours or overnight.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to covered container and freeze. (Can be made 1 week ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:5.7382608872393%

Nutrients (% of daily need)

Calories: 292.95kcal (14.65%), Fat: 22.22g (34.19%), Saturated Fat: 13.25g (82.8%), Carbohydrates: 19.67g (6.56%), Net Carbohydrates: 19.65g (7.15%), Sugar: 19.19g (21.32%), Cholesterol: 183.31mg (61.1%), Sodium: 44.25mg (1.92%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 4.57g (9.15%), Vitamin A: 958.23IU (19.16%), Selenium: 8.87µg (12.67%), Vitamin B2: 0.21mg (12.4%), Vitamin D: 1.85µg (12.35%), Phosphorus: 114.83mg (11.48%), Calcium: 107.63mg (10.76%), Vitamin B12: 0.52µg (8.67%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.77mg (5.13%), Folate: 18.67µg (4.67%), Vitamin B6: 0.09mg (4.4%), Potassium: 139.69mg (3.99%), Zinc: 0.56mg (3.71%), Manganese: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.52%), Iron: 0.48mg (2.67%), Magnesium: 10.43mg (2.61%), Vitamin K: 1.79µg (1.7%), Copper: 0.02mg (1.09%)