



WHATSheATE

Buttered Popcorn Ice Cream



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



3482 kcal

DESSERT

Ingredients

- ☐ 2 cups butter-flavored spread (see note above)
- ☐ 1 cup caramel popcorn chilled (see note)
- ☐ 6 egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 2 servings salt to taste
- ☐ 0.8 cup sugar
- ☐ 1 cup milk whole

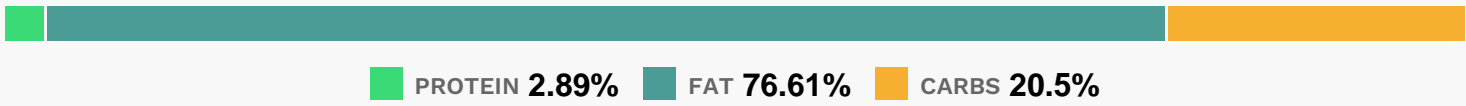
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ In a heavy-bottomed saucepan, bring milk and cream to a bare simmer.
- ☐ Remove from heat, stir in popcorn, cover, and let steep for 1 hour.
- ☐ In a second heavy-bottomed saucepan, whisk together egg yolks and sugar until pale in color and slightly thickened. Chill in refrigerator until dairy has finished steeping.
- ☐ Pour dairy through a fine mesh strainer into pot with egg-sugar mixture, then whisk rapidly until very well combined. Press on strained popcorn with a spoon against the strainer to squeeze out all remaining dairy.
- ☐ Put saucepan on medium heat and cook, stirring occasionally, until a custard forms on the back of a spoon but a swiped finger across the back leaves a clean line.
- ☐ Add salt to taste in 1/4 teaspoon increments, then strain custard into an airtight container and chill overnight, or at least 6 hours.
- ☐ The next day, churn according to manufacturer's instructions. If using Cracker Jacks or caramel corn, add them in the last few seconds of churning and let churn until well integrated.
- ☐ Transfer ice cream to container and chill in freezer for at least 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:79.05, Glycemic Load:54.59, Inflammation Score:-10, Nutrition Score:34.145217501599%

Nutrients (% of daily need)

Calories: 3482.47kcal (174.12%), Fat: 303.61g (467.09%), Saturated Fat: 183.11g (1144.47%), Carbohydrates: 182.8g (60.93%), Net Carbohydrates: 176.65g (64.24%), Sugar: 151.03g (167.81%), Cholesterol: 1360.74mg (453.58%), Sodium: 2034.38mg (88.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin A: 10157.11IU (203.14%), Vitamin E: 10.33mg (68.86%), Selenium: 46.68µg (66.68%), Vitamin B2: 1.08mg (63.24%),

Phosphorus: 624.52mg (62.45%), Vitamin D: 8.07µg (53.77%), Calcium: 483.02mg (48.3%), Vitamin B12: 2.49µg (41.51%), Vitamin K: 39.04µg (37.18%), Vitamin B5: 3.02mg (30.23%), Folate: 101.08µg (25.27%), Fiber: 6.15g (24.61%), Iron: 3.86mg (21.42%), Zinc: 3.21mg (21.41%), Magnesium: 79.95mg (19.99%), Vitamin B1: 0.3mg (19.95%), Vitamin B6: 0.39mg (19.33%), Potassium: 652.92mg (18.65%), Manganese: 0.3mg (15.04%), Vitamin B3: 2.99mg (14.96%), Copper: 0.22mg (10.76%), Vitamin C: 1.43mg (1.73%)