



Buttermilk Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



359 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk
- ☐ 1 cup crème fraîche
- ☐ 8 large egg yolks
- ☐ 2 cups heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

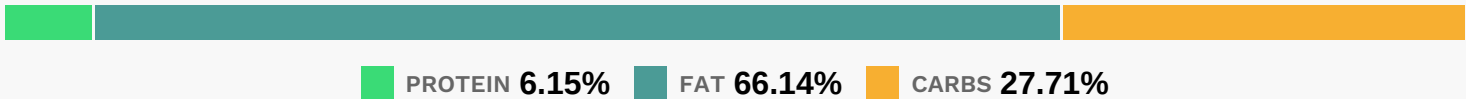
Equipment

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

Directions

- ☐ Bring cream to simmer in heavy medium saucepan.
- ☐ Whisk egg yolks and sugar in medium bowl to blend. Gradually whisk hot cream into yolk mixture. Return mixture to saucepan and stir constantly over medium-low heat until custard is thick enough to coat back of spoon, about 3 minutes (do not boil).
- ☐ Pour custard through fine strainer into clean bowl. Cool to room temperature.
- ☐ Whisk in buttermilk, creme fraiche, lemon juice, and salt. Chill custard until cold.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to containers; cover and freeze until firm, at least 4 hours. DO AHEAD: Ice cream can be made 3 days ahead. Keep frozen.
- ☐ Let soften slightly at room temperature before serving.
- ☐ *Sold at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:14.69, Inflammation Score:-5, Nutrition Score:6.8591305266904%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 358.59kcal (17.93%), Fat: 26.91g (41.4%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 25.37g (9.22%), Sugar: 24.63g (27.36%), Cholesterol: 219.52mg (73.17%), Sodium: 135.28mg

(5.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Vitamin A: 1118.5IU (22.37%), Vitamin B2: 0.29mg (16.87%), Selenium: 11.79µg (16.85%), Vitamin D: 2.12µg (14.13%), Phosphorus: 139.17mg (13.92%), Calcium: 127.81mg (12.78%), Vitamin B12: 0.61µg (10.17%), Vitamin B5: 0.79mg (7.92%), Folate: 26.14µg (6.53%), Vitamin E: 0.91mg (6.1%), Vitamin B6: 0.09mg (4.62%), Zinc: 0.69mg (4.59%), Potassium: 157.1mg (4.49%), Vitamin B1: 0.06mg (4.09%), Magnesium: 11.29mg (2.82%), Iron: 0.46mg (2.57%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.65mg (2%), Copper: 0.03mg (1.69%)