



Buttermilk Ice Cream with Spiced Fruit Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 0.5 teaspoon chili powder
- ☐ 6 large egg yolk
- ☐ 8 servings fruit
- ☐ 0.8 cup sugar
- ☐ 0.5 vanilla pod split
- ☐ 1.5 cups whipping cream

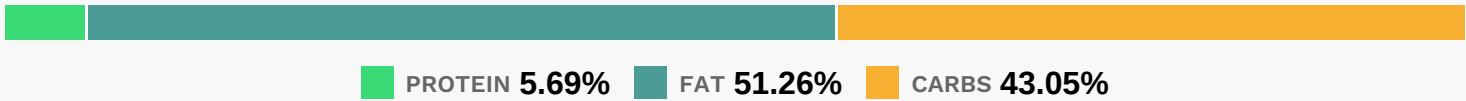
Equipment

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

Directions

- ☐ Pour cream into heavy medium saucepan. Scrape in seeds from vanilla bean; add bean and chili powder. Bring to simmer.
- ☐ Whisk yolks and sugar in medium bowl. Gradually whisk in hot cream mixture; return to saucepan. Stir over medium heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 4 minutes (do not boil).
- ☐ Transfer to large bowl; chill until cooled completely.
- ☐ Mix in buttermilk. Chill until cold, at least 4 hours or overnight. Discard vanilla bean.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer ice cream to container. Cover and freeze until firm, about 4 hours. (Can be made 3 days ahead. Keep frozen.)
- ☐ Scoop ice cream into bowls or glasses. Spoon Spiced Fruit Compote over.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:13.77, Inflammation Score:-6, Nutrition Score:7.7334782455278%

Nutrients (% of daily need)

Calories: 361.5kcal (18.07%), Fat: 21.22g (32.65%), Saturated Fat: 12.35g (77.2%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 38.16g (13.88%), Sugar: 35.62g (39.58%), Cholesterol: 193.08mg (64.36%), Sodium: 73.58mg (3.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin A: 1309.02IU (26.18%), Vitamin B2: 0.26mg (15.4%), Selenium: 10.28µg (14.69%), Vitamin D: 1.99µg (13.25%), Phosphorus: 128.45mg (12.85%), Calcium: 104.18mg (10.42%), Vitamin B12: 0.53µg (8.78%), Fiber: 1.94g (7.76%), Vitamin B5: 0.72mg (7.16%), Vitamin K: 7.24µg

(6.89%), Potassium: 225.32mg (6.44%), Folate: 25.06µg (6.26%), Copper: 0.12mg (5.87%), Vitamin E: 0.82mg (5.46%), Vitamin B6: 0.1mg (4.9%), Zinc: 0.69mg (4.57%), Iron: 0.8mg (4.47%), Vitamin B1: 0.07mg (4.47%), Magnesium: 14.37mg (3.59%), Vitamin C: 2.88mg (3.49%), Vitamin B3: 0.55mg (2.76%), Manganese: 0.04mg (2.21%)