



Butterscotch Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



2006 kcal

DESSERT

Ingredients

- 1 cup firmly brown sugar packed
- 2 tablespoons butter
- 6 large egg yolks
- 2 cups half-and-half light (cream)
- 1 tablespoon vanilla
- 1.5 cups whipping cream

Equipment

- bowl

- frying pan
- whisk
- sieve
- ice cream machine

Directions

- In a 1- to 2-quart pan over medium heat, stir brown sugar, butter, and vanilla until butter is melted, sugar is dissolved, and mixture is bubbly, 3 to 4 minutes.
- Whisk in 1/2 cup whipping cream until smooth; remove butterscotch mixture from heat.
- In a 3- to 4-quart pan over medium-high heat, combine remaining 1 cup whipping cream and the half-and-half; bring to a simmer.
- Meanwhile, in a bowl, beat egg yolks to blend.
- Whisk 1/2 cup of the warm cream mixture into egg yolks, then pour egg yolk mixture into pan with cream. Stir constantly over low heat just until mixture is slightly thickened, 2 to 4 minutes. Immediately remove from heat.
- Pour through a fine strainer into a clean bowl and whisk in butterscotch mixture. Chill until cold, stirring occasionally, about 2 hours; or cover and chill up to 1 day.
- Freeze mixture in an ice cream maker according to manufacturer's instructions.
- Serve softly frozen, or transfer ice cream to an airtight container and freeze until firm, at least 6 hours or up to 1 week.

Nutrition Facts

■ PROTEIN **3.66%** ■ FAT **72.21%** ■ CARBS **24.13%**

Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:25.068695716236%

Nutrients (% of daily need)

Calories: 2006.1kcal (100.31%), Fat: 163.19g (251.06%), Saturated Fat: 99.34g (620.86%), Carbohydrates: 122.72g (40.91%), Net Carbohydrates: 122.72g (44.62%), Sugar: 113.29g (125.88%), Cholesterol: 1047.89mg (349.3%), Sodium: 275.34mg (11.97%), Alcohol: 2.24g (100%), Alcohol %: 0.47% (100%), Protein: 18.62g (37.24%), Vitamin A: 6130.3IU (122.61%), Vitamin B2: 0.91mg (53.8%), Selenium: 36.57µg (52.24%), Vitamin D: 7.04µg (46.96%),

Phosphorus: 456.37mg (45.64%), Calcium: 443.89mg (44.39%), Vitamin E: 5.39mg (35.91%), Vitamin B12: 1.78µg (29.7%), Vitamin B5: 2.76mg (27.62%), Folate: 92.68µg (23.17%), Vitamin B6: 0.36mg (17.76%), Potassium: 616.28mg (17.61%), Zinc: 2.25mg (15.01%), Iron: 2.43mg (13.52%), Vitamin K: 13.5µg (12.86%), Vitamin B1: 0.18mg (12.28%), Magnesium: 42.74mg (10.68%), Copper: 0.13mg (6.6%), Manganese: 0.12mg (5.88%), Vitamin C: 2.51mg (3.04%), Vitamin B3: 0.38mg (1.91%)