



Caramel Corn Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 12 small individually wrapped caramels soft
- ☐ 3 large egg yolk
- ☐ 2 cups ears corn fresh (4 ears)
- ☐ 1 cup half and half
- ☐ 2 cups milk 2% reduced-fat
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 1 Dash salt
- ☐ 0.7 cup sugar

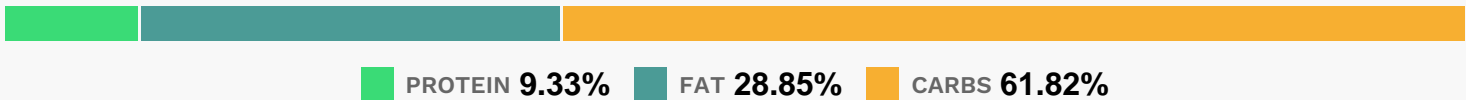
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine corn and half-and-half in a food processor; process until smooth (about 1 minute).
- ☐ Pour pureed corn mixture into a sieve over a large bowl, reserving liquid; discard solids.
- ☐ Add 2 cups milk, sugar, salt, and egg yolks; stir with a whisk.
- ☐ Pour mixture into a large saucepan; cook over medium heat until thick (do not boil), stirring constantly (about 20 minutes).
- ☐ Remove from heat.
- ☐ Place pan in a large ice-filled bowl for 30 minutes or until mixture comes to room temperature, stirring occasionally.
- ☐ Combine 3 tablespoons milk and caramels in a small saucepan. Bring to a simmer; cook 10 minutes or until caramels melt, stirring frequently.
- ☐ Remove from heat; whisk until smooth. Cool slightly.
- ☐ Pour corn mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Stir in caramel mixture. Spoon ice cream into a freezer-safe container; cover and freeze 2 hours.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:21.88, Inflammation Score:-3, Nutrition Score:7.1734782094541%

Nutrients (% of daily need)

Calories: 280.12kcal (14.01%), Fat: 9.38g (14.43%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 45.21g (15.07%), Net Carbohydrates: 44.38g (16.14%), Sugar: 38.04g (42.26%), Cholesterol: 97.89mg (32.63%), Sodium: 113.24mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Phosphorus: 185.62mg (18.56%), Vitamin B2: 0.31mg (18.38%), Calcium: 159.7mg (15.97%), Selenium: 7.7µg (11.01%), Vitamin B12: 0.65µg (10.84%), Vitamin B5: 0.98mg (9.84%), Vitamin B1: 0.13mg (8.92%), Potassium: 305.9mg (8.74%), Folate: 33.45µg (8.36%), Vitamin A: 387.45IU (7.75%), Magnesium: 30.19mg (7.55%), Zinc: 0.92mg (6.17%), Vitamin B6: 0.12mg (5.95%), Vitamin B3: 0.87mg (4.33%), Manganese: 0.08mg (4.24%), Vitamin C: 3.34mg (4.05%), Fiber: 0.83g (3.31%), Vitamin E: 0.4mg (2.7%), Iron: 0.48mg (2.67%), Vitamin D: 0.39µg (2.62%), Copper: 0.04mg (2%), Vitamin K: 1.08µg (1.03%)