



Caramel-Fleur de Sel Ice Cream

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



567 kcal

DESSERT

Ingredients

- ☐ 10 egg yolks well beaten
- ☐ 0.5 teaspoon fleur del sel (sea salt)
- ☐ 4 cups heavy cream
- ☐ 2 cups milk
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract

Equipment

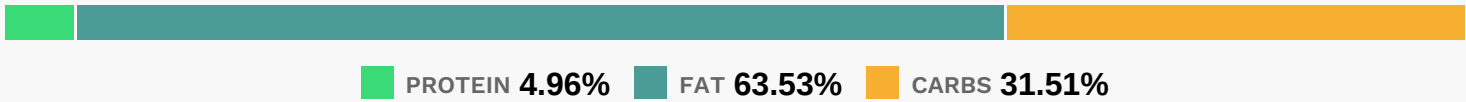
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine cream and milk in a large saucepan, and cook until hot but not boiling. Keep warm.
- ☐ Combine sugar and 1/2 cup water in a large, heavy saucepan. Bring to a boil over medium-high heat, and cook, swirling pan, about 2 minutes or until sugar dissolves. Boil, undisturbed, 5 minutes or until caramel is a deep amber color.
- ☐ Remove from heat, and immediately add cream mixture to caramelized sugar. (
- ☐ Mixture will be very hot and will boil up.) If some of the caramelized sugar hardens on bottom of pan, whisk over medium-low heat until sugar melts and mixture is smooth.
- ☐ Gradually whisk about 3 cups hot caramel cream into egg yolks; add yolk mixture to saucepan, and whisk until well blended.
- ☐ Place pan over low heat, cooking until a thermometer registers 16
- ☐ Set pan in a large, ice-filled bowl until completely cooled, stirring occasionally. Stir in vanilla and fleur de sel.
- ☐ Pour mixture into an ice-cream maker, and freeze according to manufacturer's instructions.
- ☐ Sprinkle each serving with additional fleur de sel, if desired.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:28.79, Inflammation Score:-7, Nutrition Score:8.8160868105681%

Nutrients (% of daily need)

Calories: 567.22kcal (28.36%), Fat: 40.83g (62.81%), Saturated Fat: 24.52g (153.27%), Carbohydrates: 45.57g (15.19%), Net Carbohydrates: 45.57g (16.57%), Sugar: 45.25g (50.28%), Cholesterol: 307.83mg (102.61%), Sodium: 169.63mg (7.38%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Protein: 7.17g (14.33%), Vitamin A: 1738.06IU (34.76%), Vitamin B2: 0.35mg (20.57%), Vitamin D: 3.03µg (20.21%), Selenium: 14.1µg (20.15%), Phosphorus:

174.75mg (17.48%), Calcium: 146.64mg (14.66%), Vitamin B12: 0.77µg (12.78%), Vitamin B5: 0.96mg (9.63%), Vitamin E: 1.36mg (9.1%), Folate: 30.09µg (7.52%), Vitamin B6: 0.13mg (6.31%), Zinc: 0.85mg (5.65%), Potassium: 185.27mg (5.29%), Vitamin B1: 0.08mg (5.21%), Magnesium: 13.52mg (3.38%), Iron: 0.61mg (3.38%), Vitamin K: 3.32µg (3.16%), Copper: 0.03mg (1.41%)