



Caramel ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

DESSERT

Ingredients

- 4 eggs
- 2 cups cup heavy whipping cream
- 0.5 cup powdered sugar
- 1 pinch salt
- 1 cup sugar
- 1 tsp vanilla extract
- 1 cup water hot

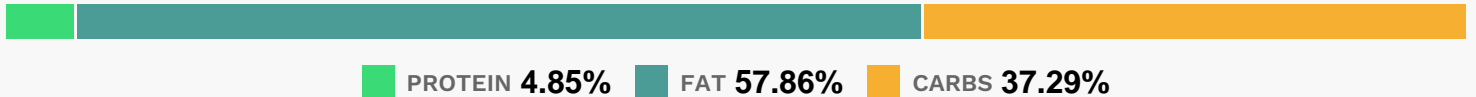
Equipment

- bowl
- frying pan
- ice cream machine

Directions

- Heat sugar and cup water for 5 minutes in a big skillet on medium high heat until the sugar melts and boils, stirring occasionally. Boil for about 5 minutes until the mixture becomes dark brown in colour; remove from heat. Gradually stir in remaining cup water. Cool to room temperature and set aside. Beat eggs for 3 minutes in a medium bowl until thick and light yellow; gradually beat in powdered sugar. Stir in cream, salt and vanilla.
- Add caramel mixture, gently stir until smooth. Cover and chill for at least 4 hours or overnight.
- Pour the mixture into an ice cream machine and churn until frozen.
- Transfer to plastic container and place in the freezer for an hour before serving. Serving: take it out for 5-10 minutes before serving, or longer, so it comes to the right scooping temperature. Easy suggestion: ice cream is best served in chilled glass or porcelain bowls. Scoop it with a hot, but dry, ice-cream spoon (soak it in boiling water, then wipe dry).

Nutrition Facts



Properties

Glycemic Index: 11.68, Glycemic Load: 23.27, Inflammation Score: -6, Nutrition Score: 6.0482608695652%

Taste

Sweetness: 100%, Saltiness: 29.37%, Sourness: 6%, Bitterness: 10.36%, Savoriness: 14.48%, Fattiness: 72.44%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 480.93kcal (24.05%), Fat: 31.54g (48.52%), Saturated Fat: 19.16g (119.78%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 45.73g (16.63%), Sugar: 45.56g (50.62%), Cholesterol: 198.77mg (66.26%), Sodium: 72.1mg (3.13%), Alcohol: 0.24g (1.34%), Protein: 5.95g (11.9%), Vitamin A: 1324.6IU (26.49%), Vitamin B2: 0.29mg (17.18%), Selenium: 11.65µg (16.64%), Vitamin D: 1.86µg (12.37%), Phosphorus: 104.14mg (10.41%), Calcium: 70.48mg (7.05%), Vitamin E: 1.04mg (6.92%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.39µg (6.47%), Folate: 16.96µg (4.24%), Vitamin B6: 0.08mg (3.89%), Zinc: 0.58mg (3.85%), Iron: 0.62mg (3.42%), Potassium: 117.75mg (3.36%), Vitamin K: 2.63µg (2.5%), Magnesium: 9.55mg (2.39%), Copper: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.85%)