



Caramel Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



888 kcal

DESSERT

Ingredients

- ☐ 2 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 2 cups sugar
- ☐ 1 quart whipping cream

Equipment

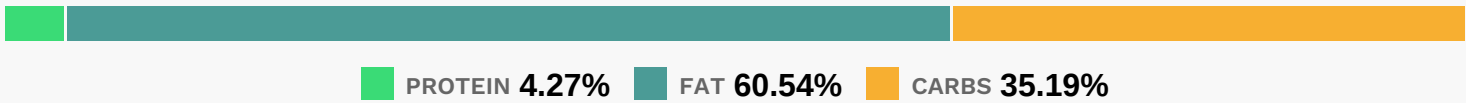
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ double boiler
- ☐ wooden spoon

Directions

- ☐ Combine eggs, flour, and milk in top of a double boiler; beat until well blended.
- ☐ Place over boiling water and cook, stirring constantly with a metal spoon, until mixture thickens and coats the spoon.
- ☐ Remove from heat, and keep warm.
- ☐ Sprinkle sugar evenly in a 10- inch cast-iron skillet; place over medium-low heat. Cook, stirring constantly with a wooden spoon, until sugar melts and becomes light golden brown. Reduce heat to low, and stir one-fourth of warm custard into caramelized sugar. Continue to cook over low heat, stirring constantly, until mixture is well blended and free of lumps.
- ☐ Gradually pour caramelized sugar mixture into remaining hot custard, beating constantly with a wire whisk. Cook custard mixture over boiling water until well blended and slightly thickened.
- ☐ Remove from heat; cool to room temperature. Chill.
- ☐ Pour mixture into freezer can of a 1-gallon h and - turned or electric freezer. Stir in whipping cream. Freeze according to manufacturer's instructions.
- ☐ Let ripen at least 1 hour before serving. Scoop into individual bowls, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:51.82, Inflammation Score:-8, Nutrition Score:11.516086956729%

Nutrients (% of daily need)

Calories: 887.98kcal (44.4%), Fat: 61.22g (94.18%), Saturated Fat: 38.26g (239.12%), Carbohydrates: 80.08g (26.69%), Net Carbohydrates: 79.9g (29.05%), Sugar: 75.12g (83.47%), Cholesterol: 242.55mg (80.85%), Sodium: 95.12mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.42%), Vitamin A: 2529.52IU (50.59%), Vitamin B2: 0.52mg (30.75%), Vitamin D: 3.71µg (24.74%), Calcium: 214.06mg (21.41%), Phosphorus: 210.17mg (21.02%), Selenium: 13.53µg (19.33%), Vitamin B12: 0.82µg (13.7%), Vitamin E: 1.65mg (11%), Vitamin B5: 0.96mg

(9.61%), Vitamin B1: 0.14mg (9.16%), Potassium: 300.84mg (8.6%), Vitamin B6: 0.13mg (6.64%), Folate: 25.91µg (6.48%), Zinc: 0.96mg (6.38%), Magnesium: 24.09mg (6.02%), Vitamin K: 5.36µg (5.1%), Iron: 0.77mg (4.28%), Vitamin B3: 0.61mg (3.04%), Manganese: 0.06mg (2.95%), Copper: 0.04mg (2.17%), Vitamin C: 0.95mg (1.15%)