



Chai Ice Cream

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1395 kcal

DESSERT

Ingredients

- 1 teaspoon allspice toasted (10) ()
- 0.5 teaspoon peppercorns black toasted
- 6 cardamom pods crushed toasted ()
- 1 teaspoon coriander seeds toasted ()
- 2 cups cup heavy whipping cream
- 6 egg yolk
- 2 tablespoons ginger grated
- 0.5 teaspoon ground cinnamon

- 0.8 teaspoon kosher salt
- 1 cup milk
- 0.3 cup cranberry–orange relish black english
- 0.8 cup sugar
- 1 star anise whole toasted

Equipment

- bowl
- sauce pan
- whisk
- sieve
- measuring cup

Directions

- In a medium saucepan, bring cream and milk to a simmer. Toast whole spices and stir into dairy along with cinnamon and ginger. Bring dairy to a boil, then remove from heat and cover to steep for 45 minutes.
- After 45 minutes, return dairy to a boil, then remove from heat and stir in tea leaves. Cover and let steep for 15 minutes.
- Pour dairy through a fine mesh strainer into a measuring cup or bowl, pressing on tea leaves with a spoon to extract all liquid. In a clean medium saucepan, whisk together egg yolks and sugar until pale in color and slightly thickened. Slowly add strained dairy, whisking constantly.
- Heat mixture on medium heat, stirring frequently, until a custard forms on the back of a spoon and a swiped finger leaves a clean line. Stir in salt to taste, then strain custard into an airtight container and chill overnight.
- The next day, churn ice cream according to manufacturer's instructions.
- Transfer to an airtight container and chill in freezer for at least 4 hours before serving.

Nutrition Facts



PROTEIN 5.81% **FAT 66.1%** **CARBS 28.09%**

Properties

Glycemic Index:113.8, Glycemic Load:56.05, Inflammation Score:-9, Nutrition Score:31.787391196127%

Flavonoids

Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1395.01kcal (69.75%), Fat: 105.37g (162.1%), Saturated Fat: 62.32g (389.48%), Carbohydrates: 100.79g (33.6%), Net Carbohydrates: 96.86g (35.22%), Sugar: 90.21g (100.23%), Cholesterol: 866.78mg (288.93%), Sodium: 1013.93mg (44.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.65%), Manganese: 2.07mg (103.73%), Vitamin A: 4547.9IU (90.96%), Selenium: 40.73µg (58.19%), Vitamin B2: 0.95mg (55.62%), Vitamin D: 8.07µg (53.77%), Phosphorus: 499.2mg (49.92%), Calcium: 447.68mg (44.77%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.77mg (27.68%), Vitamin E: 3.73mg (24.84%), Folate: 97.03µg (24.26%), Vitamin B6: 0.4mg (19.88%), Vitamin C: 16.31mg (19.77%), Zinc: 2.93mg (19.54%), Potassium: 668.93mg (19.11%), Iron: 3.33mg (18.5%), Vitamin B1: 0.25mg (16.8%), Fiber: 3.93g (15.71%), Magnesium: 62.68mg (15.67%), Vitamin K: 10.32µg (9.83%), Copper: 0.17mg (8.4%), Vitamin B3: 0.6mg (3.01%)