



Cherry-Bourbon Ice Cream

 Vegetarian

READY IN



560 min.

SERVINGS



20

CALORIES



42 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 0.5 cup cherries canned pitted drained coarsely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup half and half
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup artificial sweetener for ice cream*

☐ 1.5 teaspoons vanilla paste

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and half-and-half. Cook over medium heat, stirring constantly, 8 to 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Whisk in vanilla.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids. Cool 1 hour, stirring occasionally.
- ☐ Place plastic wrap directly on cream mixture; chill 8 to 24 hours.
- ☐ Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions; stir in cherries and bourbon halfway through freezing.
- ☐ Let stand at room temperature 5 to 10 minutes before serving.
- ☐ *Granulated sugar may be substituted.
- ☐ Note: We tested with Whey Low 100% All Natural Granular Sweetener for Ice Cream. Get 20% off any time you order from wheylow.com. Coupon code: Southrn
- ☐ Lvg

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.309130438644%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 42.47kcal (2.12%), Fat: 2.1g (3.24%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.55g (3.95%), Cholesterol: 15.84mg (5.28%), Sodium: 33.53mg (1.46%), Alcohol: 0.75g (100%), Alcohol %: 1.97% (100%), Protein: 1.34g (2.68%), Vitamin B2: 0.07mg (4.3%), Calcium: 42.9mg (4.29%), Phosphorus: 37.64mg (3.76%), Vitamin B12: 0.17µg (2.76%), Selenium: 1.5µg (2.15%), Potassium: 57.72mg (1.65%), Vitamin A: 82.09IU (1.64%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.19mg (1.23%), Magnesium: 4.25mg (1.06%), Vitamin B1: 0.02mg (1.03%)