



WHATSheATE



## Cherry-Vanilla Bean Ice Cream with Cherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



395 kcal

DESSERT

### Ingredients

- ☐ 1.5 pounds cherries fresh pitted coarsely chopped
- ☐ 0.3 cup cherry-flavored brandy
- ☐ 0.3 cup cherry preserves
- ☐ 6 large egg yolks
- ☐ 2 cups half and half
- ☐ 0.8 cup sugar
- ☐ 1 vanilla pod split

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup whipping cream chilled

## Equipment

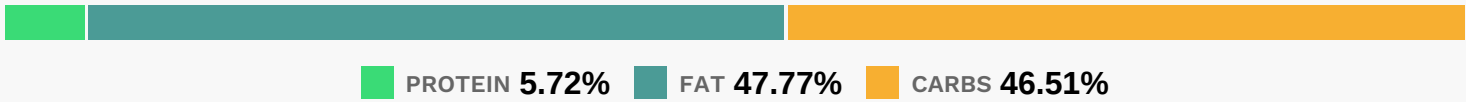
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

## Directions

- ☐ Combine cherries and sugar in heavy large saucepan; toss to coat.
- ☐ Let stand until juices form, about 2 hours. Bring to boil; reduce heat to medium-low and simmer until liquid thickens slightly, about 12 minutes.
- ☐ Remove from heat; mix in brandy.
- ☐ Transfer 1 cup cherry mixture to small bowl; reserve for use in ice cream.
- ☐ Mix preserves into remaining cherry mixture in saucepan; reserve for sauce. Chill both cherry mixtures separately at least 2 hours. (Can be prepared 2 days ahead. Cover and keep refrigerated.)
- ☐ Pour half and half into heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to boil.
- ☐ Remove from heat; steep 30 minutes.
- ☐ Whisk sugar and yolks in medium bowl to blend well. Bring half and half to simmer. Gradually whisk hot half and half into yolk mixture. Return mixture to same saucepan. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 4 minutes (do not boil).
- ☐ Remove from heat.
- ☐ Mix in whipping cream and vanilla. Refrigerate until cold, stirring occasionally, about 2 hours.
- ☐ Using ice cream maker, process custard until almost firm, following manufacturer's instructions; add reserved 1 cup cherry mixture. Process until ice cream firms, about 15 minutes longer.
- ☐ Transfer to container; cover and freeze. (Can be made 2 days ahead. Keep frozen.)

Scoop ice cream into bowls. Top with reserved sauce and serve.

# Nutrition Facts



## Properties

Glycemic Index:18.39, Glycemic Load:20.97, Inflammation Score:-5, Nutrition Score:7.5995652831119%

## Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## Nutrients (% of daily need)

Calories: 395.26kcal (19.76%), Fat: 21.41g (32.94%), Saturated Fat: 12.35g (77.17%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 44.96g (16.35%), Sugar: 40.68g (45.2%), Cholesterol: 192.49mg (64.16%), Sodium: 58.98mg (2.56%), Alcohol: 0.56g (100%), Alcohol %: 0.32% (100%), Protein: 5.77g (11.54%), Vitamin A: 889.78IU (17.8%), Vitamin B2: 0.28mg (16.75%), Selenium: 10.41µg (14.87%), Phosphorus: 146.03mg (14.6%), Calcium: 115.09mg (11.51%), Vitamin C: 7.92mg (9.6%), Potassium: 324.56mg (9.27%), Vitamin B5: 0.8mg (8.05%), Fiber: 1.94g (7.77%), Vitamin D: 1.16µg (7.76%), Vitamin B12: 0.41µg (6.85%), Folate: 26.6µg (6.65%), Vitamin B6: 0.13mg (6.51%), Vitamin E: 0.83mg (5.54%), Vitamin B1: 0.07mg (4.8%), Magnesium: 18.9mg (4.73%), Zinc: 0.67mg (4.48%), Iron: 0.8mg (4.42%), Copper: 0.09mg (4.35%), Manganese: 0.08mg (3.88%), Vitamin K: 3.61µg (3.44%), Vitamin B3: 0.23mg (1.16%)