



Cherry Vanilla Ice Cream Dessert

READY IN



310 min.

SERVINGS



8

CALORIES



681 kcal

DESSERT

Ingredients

- 0.3 cup almonds
- 0.3 cup brown sugar
- 1 stick butter
- 4 large eggs lightly beaten
- 13.5 ounce evaporated milk chilled canned
- 1 cup flour all-purpose
- 8 servings bowl of ice
- 2 cups maraschino cherries chopped
- 0.5 teaspoon salt

- 2 cups sugar
- 1 vanilla pod split
- 8 servings whipped cream for garnish
- 3 cups milk whole

Equipment

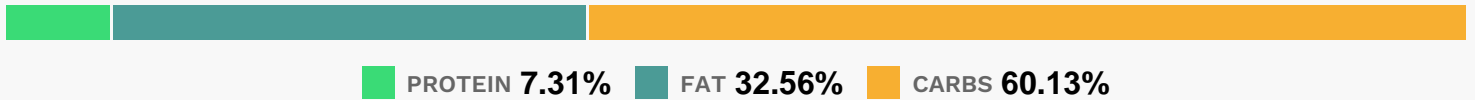
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- plastic wrap
- ice cream machine

Directions

- In a large saucepan, combine milk, sugar and vanilla bean seeds and pod. Cook over medium-low heat, just until small bubbles form around edges of pan, stirring occasionally.
- Pour 1/4 of hot milk mixture over beaten eggs, whisking constantly.
- Pour egg mixture into remaining hot milk mixture, whisking constantly. Cook, over low heat, stirring constantly, for 5 to 7 minutes, or until mixture thickens and coats a spoon.
- Remove from heat; pour through a wire mesh strainer into a bowl.
- Fill a large bowl with ice.
- Place bowl containing milk mixture in ice, and let stand, stirring occasionally for 20 minutes.
- Remove bowl from ice bath and stir in salt, evaporated milk and cherries. Cover and chill for 2 hours.
- Pour mixture into freezer container of 1 gallon electric ice cream maker and freeze according to manufacturer's instructions. If a firmer texture is desired, transfer ice cream to an airtight container and freeze for 2 hours or until firm.

- Preheat oven to 350 degrees F.
- Melt butter in a large skillet on low heat. In a bowl combine flour, sugar and almonds.
- Mix together while adding the warm butter.
- Drop "candy" crumble onto a cookie sheet. *Cook's Note: Does not have to be in balls. After it gets cooked it will be crumbled for the dessert.
- Bake in the oven for 20 to 25 minutes.
- After candy crumbles have been cooled, place half the mixture into a 9 by 12-inch pan. Scoop ice cream on top and finish with the rest of the crumbles. Wrap pan with plastic wrap and place into freezer until ice cream and candy hardens, about 2 hours. Slice and serve with whipped cream, for garnish.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:45.63, Inflammation Score:-6, Nutrition Score:13.55000016482%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 680.99kcal (34.05%), Fat: 25.22g (38.79%), Saturated Fat: 13.04g (81.53%), Carbohydrates: 104.77g (34.92%), Net Carbohydrates: 101.71g (36.98%), Sugar: 89.6g (99.56%), Cholesterol: 152.78mg (50.93%), Sodium: 365.59mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Vitamin B2: 0.56mg (32.65%), Calcium: 319.14mg (31.91%), Phosphorus: 295.34mg (29.53%), Selenium: 16.78µg (23.97%), Vitamin A: 818.33IU (16.37%), Vitamin E: 2.32mg (15.43%), Vitamin B1: 0.22mg (14.77%), Vitamin B12: 0.83µg (13.91%), Manganese: 0.27mg (13.51%), Magnesium: 49.48mg (12.37%), Fiber: 3.06g (12.24%), Vitamin B5: 1.2mg (12.01%), Folate: 47.47µg (11.87%), Potassium: 411.9mg (11.77%), Copper: 0.21mg (10.57%), Vitamin D: 1.58µg (10.52%), Zinc: 1.56mg (10.42%), Iron: 1.81mg (10.05%), Vitamin B6: 0.15mg (7.3%), Vitamin B3: 1.37mg (6.83%), Vitamin K: 2.67µg (2.55%), Vitamin C: 0.91mg (1.1%)