



Chestnut Ice Cream

 Vegetarian  Gluten Free

READY IN



540 min.

SERVINGS



8

CALORIES



250 kcal

DESSERT

Ingredients

- 0.8 cup brown sugar packed
- 1.5 cups honey divided peeled coarsely chopped
- 5 large egg yolk
- 1 cup half and half
- 3 cups milk 2% reduced-fat
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

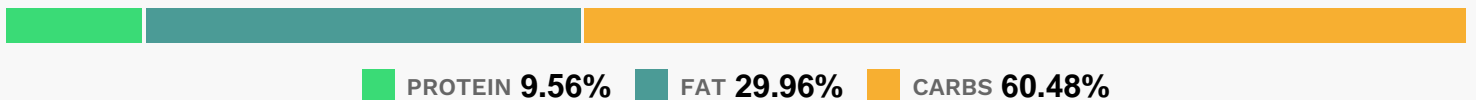
Equipment

- bowl
- frying pan
- sauce pan
- sieve
- kitchen thermometer
- cheesecloth

Directions

- Combine milk and half-and-half in a heavy saucepan over medium heat; cook to 18
- Remove from heat.
- Combine sugar, salt, and yolks, stirring well. Carefully pour 1 cup hot milk mixture gradually into yolk mixture, stirring constantly. Return mixture to pan. Cook custard over medium heat until a thermometer registers 160, stirring constantly.
- Combine custard and 1 cup chestnuts in a medium bowl; cover and chill 8 hours. Strain mixture through a cheesecloth-lined strainer, pressing firmly; discard solids.
- Add vanilla.
- Pour custard into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 2 hours or until firm. Top ice cream with 1/2 cup chestnuts.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:6.4, Inflammation Score:-3, Nutrition Score:7.7643477450246%

Nutrients (% of daily need)

Calories: 250.46kcal (12.52%), Fat: 8.38g (12.9%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 38.07g (13.84%), Sugar: 25.86g (28.73%), Cholesterol: 132.42mg (44.14%), Sodium: 144.18mg (6.27%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.02g (12.04%), Calcium: 174.59mg (17.46%), Vitamin B2: 0.28mg (16.66%), Phosphorus: 162.64mg (16.26%), Vitamin C: 11.23mg (13.61%), Selenium: 9.38µg (13.4%), Vitamin B12: 0.73µg (12.23%), Potassium: 333.37mg (9.52%), Vitamin B6: 0.19mg (9.45%), Folate: 36.6µg

(9.15%), Vitamin B5: 0.88mg (8.75%), Vitamin A: 357.54IU (7.15%), Copper: 0.14mg (6.92%), Vitamin B1: 0.1mg (6.73%), Zinc: 0.93mg (6.17%), Manganese: 0.12mg (6.16%), Magnesium: 23.25mg (5.81%), Iron: 0.72mg (4.01%), Vitamin D: 0.57µg (3.83%), Vitamin E: 0.38mg (2.51%), Vitamin B3: 0.44mg (2.19%)