

Cinnamon-Clove Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



634 kcal

DESSERT

Ingredients

- 6 cinnamon sticks whole
- 8 large egg yolk
- 1 cup sugar
- 2 cups whipping cream
- 2 cups milk whole

Equipment

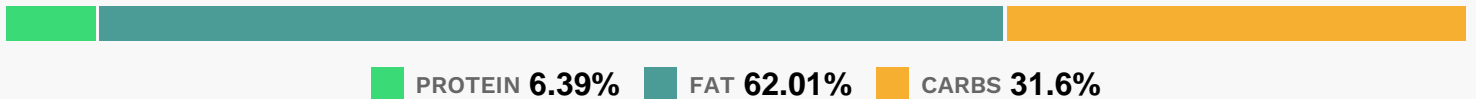
- bowl
- frying pan

- sauce pan
- whisk
- ice cream machine

Directions

- Combine milk, cream, 1/2 cup sugar, cinnamon and cloves in heavy medium saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves.
- Remove from heat. Cover; steep 1 hour.
- Whisk yolks and 1/2 cup sugar in bowl until well blended. Bring milk mixture to simmer. Gradually whisk hot milk mixture into yolk mixture; return to same pan. Stir over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across (do not boil). Strain into another medium bowl; chill uncovered until cold, stirring occasionally, about 2 hours.
- Process chilled custard in ice cream maker according to manufacturer's instructions.
- Transfer ice cream to container; cover and freeze. (Can be prepared 3 days ahead. Keep frozen.)

Nutrition Facts



Properties

Glycemic Index:22.62, Glycemic Load:29.71, Inflammation Score:-7, Nutrition Score:14.567391364471%

Nutrients (% of daily need)

Calories: 634.2kcal (31.71%), Fat: 44.88g (69.04%), Saturated Fat: 26.32g (164.52%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 49.23g (17.9%), Sugar: 47.64g (52.93%), Cholesterol: 413.05mg (137.68%), Sodium: 76.67mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.79%), Vitamin A: 1962.17IU (39.24%), Manganese: 0.75mg (37.75%), Selenium: 20.31µg (29.02%), Vitamin B2: 0.47mg (27.45%), Vitamin D: 4.07µg (27.1%), Phosphorus: 262.56mg (26.26%), Calcium: 260.45mg (26.05%), Vitamin B12: 1.21µg (20.16%), Vitamin B5: 1.44mg (14.35%), Vitamin E: 1.72mg (11.49%), Folate: 43.77µg (10.94%), Vitamin B6: 0.19mg (9.73%), Fiber: 2.23g (8.92%), Zinc: 1.34mg (8.9%), Vitamin B1: 0.12mg (8.17%), Potassium: 285.39mg (8.15%), Iron: 1.21mg (6.71%), Magnesium: 22.26mg (5.56%), Vitamin K: 4.84µg (4.61%), Copper: 0.05mg (2.47%), Vitamin B3: 0.23mg (1.13%)