



Cinnamon-Clove Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



643 kcal

DESSERT

Ingredients

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

Equipment

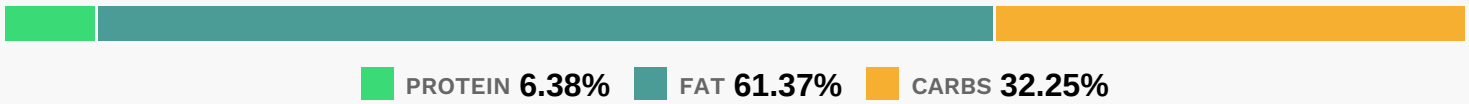
- ☐ bowl

- ☐ 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:18.209565224855%

Nutrients (% of daily need)

Calories: 642.97kcal (32.15%), Fat: 45.29g (69.68%), Saturated Fat: 26.45g (165.31%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 50.24g (18.27%), Sugar: 47.71g (53.02%), Cholesterol: 413.05mg (137.68%), Sodium: 85.53mg (3.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Manganese: 2.68mg (133.95%), Vitamin A: 1967.29IU (39.35%), Selenium: 20.54µg (29.35%), Calcium: 280.68mg (28.07%), Vitamin B2: 0.47mg (27.86%), Vitamin D: 4.07µg (27.1%), Phosphorus: 265.89mg (26.59%), Vitamin B12: 1.21µg (20.16%), Vitamin B5: 1.45mg (14.51%), Vitamin E: 2.01mg (13.37%), Fiber: 3.32g (13.26%), Folate: 44.57µg (11.14%), Vitamin B6: 0.21mg (10.36%), Zinc: 1.41mg (9.4%), Potassium: 318.03mg (9.09%), Vitamin K: 9.38µg (8.93%), Iron: 1.59mg (8.81%), Vitamin B1: 0.13mg (8.5%), Magnesium: 30.54mg (7.64%), Copper: 0.06mg (3.06%), Vitamin B3: 0.28mg (1.38%)