



Cinnamon Ice Cream

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



3

CALORIES



840 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 0.7 cup granulated sugar
- 2 teaspoons ground cinnamon
- 2 cups cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1 cup milk whole

Equipment

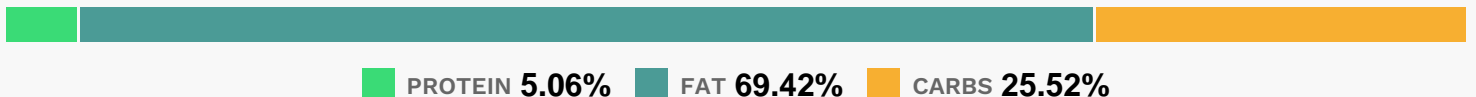
- bowl

- sauce pan
- whisk
- sieve
- wooden spoon
- ice cream machine

Directions

- Prepare an ice water bath by filling a large bowl halfway with ice and water; set aside. Set a fine-mesh strainer over a large heatproof bowl and set aside.
- Combine cream, milk, and sugar in a medium saucepan and bring to a simmer over medium heat, stirring occasionally until sugar has dissolved, about 10 minutes.
- Remove from heat. Meanwhile, whisk egg yolks in a large bowl until smooth. Slowly pour about 1 cup of the cream mixture into the yolks, whisking constantly so the warm cream doesn't scramble the eggs.
- Pour the cream-egg mixture back into the saucepan. Cook over low heat, stirring constantly with a wooden spoon, until the mixture thickens slightly and coats the spoon, about 5 minutes. (When you draw your finger across the spoon, it should make a mark through the mixture, which should not run back in on itself.)
- Remove from heat and strain through the prepared fine-mesh strainer.
- Whisk cinnamon into the ice cream base until incorporated, then set the bowl over the ice bath to cool to room temperature, about 15 to 20 minutes.
- Remove the ice cream base from the ice bath, cover, and place in the refrigerator to chill completely, at least 3 hours or overnight. Freeze in an ice cream maker according to the manufacturer's instructions. The ice cream will keep in an airtight container in the freezer for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:32.49, Inflammation Score:-8, Nutrition Score:14.138695680577%

Nutrients (% of daily need)

Calories: 839.5kcal (41.97%), Fat: 66.05g (101.61%), Saturated Fat: 40.18g (251.1%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 53.92g (19.61%), Sugar: 53.23g (59.14%), Cholesterol: 433.85mg (144.62%), Sodium: 85.32mg (3.71%), Alcohol: 0.46g (100%), Alcohol %: 0.19% (100%), Protein: 10.83g (21.66%), Vitamin A: 2794.95IU (55.9%), Vitamin B2: 0.54mg (31.79%), Vitamin D: 4.66µg (31.05%), Selenium: 19.31µg (27.58%), Phosphorus: 263.51mg (26.35%), Calcium: 247.95mg (24.8%), Vitamin B12: 1.14µg (18.92%), Vitamin E: 2.12mg (14.11%), Vitamin B5: 1.39mg (13.91%), Manganese: 0.25mg (12.75%), Folate: 39.52µg (9.88%), Vitamin B6: 0.19mg (9.35%), Potassium: 306.05mg (8.74%), Zinc: 1.27mg (8.44%), Vitamin B1: 0.12mg (7.84%), Magnesium: 22.96mg (5.74%), Vitamin K: 5.9µg (5.62%), Iron: 0.91mg (5.07%), Fiber: 0.71g (2.83%), Copper: 0.04mg (2.22%), Vitamin C: 1mg (1.22%), Vitamin B3: 0.22mg (1.08%)