



Cinnamon Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1350 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup milk whole
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 cups heavy cream
- ☐ 6 egg yolks

Equipment

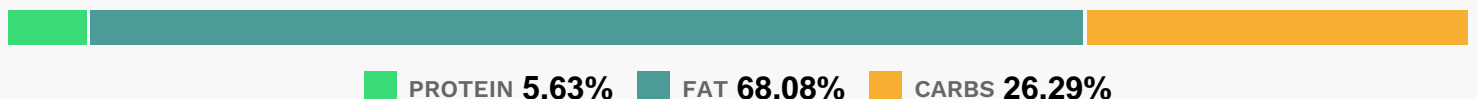
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Place the cinnamon in a small, dry skillet, over low heat. Keep the skillet moving just until the cinnamon becomes fragrant. Take off heat (note that too long in the pan will burn the cinnamon).
- ☐ Warm the milk, sugar, salt and cinnamon and 1 cup of the cream in a medium saucepan over medium heat whisking to incorporate the cinnamon into the liquid.
- ☐ Prepare strainer over bowl with remaining cream over bowl of ice: While the milk mixture warms, set a bowl over another bowl filled with ice.
- ☐ Place the remaining cup of cream into the now chilling bowl and set a mesh strainer on top.
- ☐ Temper the eggs, add to cinnamon cream mixture: In a separate bowl whisk together the egg yolks. Slowly pour the warm milk mixture into the egg yolks, whisking constantly to avoid the eggs scrambling.
- ☐ Pour the mixture back into the saucepan.
- ☐ Heat until coats a spoon: Stir the mixture constantly over medium heat with a wooden spoon or heat proof spatula, scraping the bottom as you stir. When the custard becomes thick until the mixture thickens and coats the spoon so that you can run your finger across the coating and have the coating not run.
- ☐ Pour the custard through the strainer into the cream. Stir until cool over the ice bath.
- ☐ Chill the mixture thoroughly and then process in your ice cream maker according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:56.55, Glycemic Load:54.55, Inflammation Score:-9, Nutrition Score:24.8060874317%

Nutrients (% of daily need)

Calories: 1349.97kcal (67.5%), Fat: 104.4g (160.61%), Saturated Fat: 62.17g (388.58%), Carbohydrates: 90.71g (30.24%), Net Carbohydrates: 89.64g (32.6%), Sugar: 88.01g (97.79%), Cholesterol: 866.78mg (288.93%), Sodium: 718.86mg (31.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Vitamin A: 4480.82IU (89.62%), Selenium: 40.21µg (57.45%), Vitamin B2: 0.92mg (53.88%), Vitamin D: 8.07µg (53.77%), Phosphorus: 473.14mg (47.31%), Calcium: 397.95mg (39.79%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.68mg (26.84%), Vitamin E: 3.69mg (24.6%), Folate: 88.48µg (22.12%), Manganese: 0.39mg (19.54%), Vitamin B6: 0.35mg (17.49%), Zinc: 2.36mg (15.73%), Vitamin B1: 0.21mg (14.09%), Potassium: 478.2mg (13.66%), Iron: 1.92mg (10.67%), Magnesium: 35.22mg (8.8%), Vitamin K: 8.98µg (8.56%), Fiber: 1.06g (4.25%), Copper: 0.08mg (4.07%), Vitamin C: 1.5mg (1.82%), Vitamin B3: 0.32mg (1.6%)