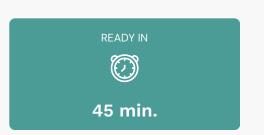


Coconut-Corn Ice Cream with Brown-Sugar Syrup and Peanuts







DESSERT

Ingredients

0.5 teaspoons peppercorns whole black
2 teaspoons coriander seeds
1 cup brown sugar dark packed ()
6 ears of corn husked
1 teaspoon kosher salt
8 servings lime zest finely grated

1 cup roasted peanuts salted coarsely chopped

	0.8 cup condensed milk sweetened
	27 ounce coconut milk unsweetened canned
Εq	uipment
	bowl
	frying pan
	sauce pan
	whisk
	mortar and pestle
	cutting board
	pastry brush
D :	rootiono
ווט	rections
Ш	Toast corianderseeds in a small dry skillet over mediumheat, stirring often, until fragrant, 1-2minutes.
	Transfer to a cutting board; crushwith the bottom of a small pan or with amortar and pestle.
	Stir sugar and 1/3 cup water in a smallsaucepan over medium-low heat until sugardissolves.
	Add coriander and peppercorns;season with salt. Bring to a simmer overmedium heat. Simmer, swirling panoccasionally and brushing down sides witha wet pastry brush, until slightly thickened,about 5 minutes.
	Let cool. Strain; cover andchill for up to 1 month.
	Using the large holes on a boxgrater, coarsely grate corn kernels fromcobs into a large bowl; reserve cobs.
	Heatcoconut milk in a large saucepan overmedium heat until almost simmering.
	Addgrated corn, corn cobs, and condensedmilk; cook, stirring occasionally, untilmixture barely begins to simmer, about5 minutes.
	Remove from heat, cover, and letsteep for 1 hour. Discard cobs.
	Strain corn mixture through a fine-meshsieve into a medium bowl, pressing onsolids to extract as much liquid as possible; discard solids.
	Whisk in salt. Cover cornice cream base; chill for at least 4 hours orovernight.

	Process ice cream base in an icecream maker according to manufacturer'sinstructions.	
	Transfer to an airtightcontainer, cover, and freeze for at least3 hours and up to 1 week.	
	Scoop ice cream into bowls.	
	Drizzle some brown-sugar syrup over.	
	Garnish with peanuts and lime zest.	
Nutrition Facts		
	PROTEIN 7 660/ FAT 510/ CARRO 11 240/	

Properties

Glycemic Index:15.63, Glycemic Load:9.58, Inflammation Score:-5, Nutrition Score:15.554347955662%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 582.85kcal (29.14%), Fat: 35.23g (54.2%), Saturated Fat: 23.37g (146.07%), Carbohydrates: 64.25g (21.42%), Net Carbohydrates: 58.86g (21.4%), Sugar: 49.72g (55.25%), Cholesterol: 9.75mg (3.25%), Sodium: 438.57mg (19.07%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 11.91g (23.82%), Manganese: 1.48mg (74.05%), Phosphorus: 302.72mg (30.27%), Magnesium: 103.16mg (25.79%), Vitamin B3: 4.75mg (23.77%), Copper: 0.44mg (21.91%), Fiber: 5.39g (21.55%), Potassium: 729.58mg (20.85%), Selenium: 12.43µg (17.76%), Folate: 70.21µg (17.55%), Iron: 2.7mg (15.02%), Calcium: 144.48mg (14.45%), Vitamin B1: 0.22mg (14.33%), Vitamin B5: 1.17mg (11.71%), Zinc: 1.62mg (10.82%), Vitamin B2: 0.17mg (10.24%), Vitamin C: 8.41mg (10.2%), Vitamin B6: 0.17mg (8.41%), Vitamin A: 204.82IU (4.1%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.24mg (1.61%)