



## Coconut Cream Pie Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

DESSERT

### Ingredients

- 3 large egg yolks
- 1 cup half-and-half
- 1.3 cups coconut milk light
- 1.8 cups milk 2% reduced-fat
- 1.5 cups sugar
- 6 tablespoons coconut or sweetened flaked toasted
- 10 vanilla wafers crushed

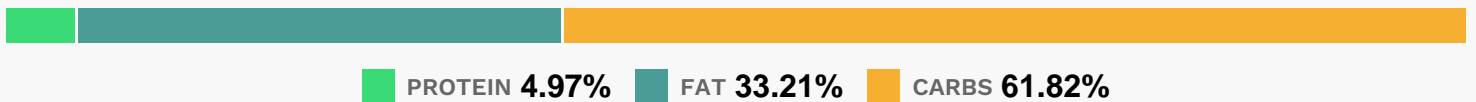
### Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- kitchen thermometer

## Directions

- Combine the first 3 ingredients in a medium, heavy saucepan, and bring to a boil.
- Remove milk mixture from heat.
- Combine sugar and egg yolks; beat with a mixer at high speed until thick and pale. Gradually add half of hot milk mixture to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium–low heat 2 minutes or until a thermometer registers 160, stirring constantly.
- Place pan in a large ice–filled bowl. Cool completely, stirring occasionally.
- Pour mixture into the freezer can of an ice–cream freezer; freeze according to manufacturer's instructions. Stir in coconut and cookies. Spoon ice cream into a freezer–safe container; cover and freeze 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:18.39, Glycemic Load:30.32, Inflammation Score:-1, Nutrition Score:4.795217367618%

## Nutrients (% of daily need)

Calories: 341.6kcal (17.08%), Fat: 12.8g (19.7%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 53.63g (17.88%), Net Carbohydrates: 52.42g (19.06%), Sugar: 47.77g (53.08%), Cholesterol: 83.64mg (27.88%), Sodium: 133.95mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 115.34mg (11.53%), Selenium: 7.84µg (11.2%), Calcium: 104.14mg (10.41%), Vitamin B12: 0.46µg (7.59%), Manganese: 0.12mg (5.94%), Vitamin A: 251.67IU (5.03%), Folate: 19.73µg (4.93%), Vitamin B1: 0.07mg (4.91%), Fiber: 1.2g (4.81%), Vitamin B5: 0.48mg (4.77%), Potassium: 166.24mg (4.75%), Zinc: 0.59mg (3.97%), Magnesium: 14.68mg (3.67%), Vitamin B6: 0.06mg (3.02%), Copper: 0.05mg (2.3%), Vitamin D: 0.34µg (2.29%), Iron: 0.39mg

(2.14%), Vitamin B3: 0.35mg (1.77%), Vitamin E: 0.26mg (1.7%)