



## Coconut Ice Cream

 Vegetarian  Gluten Free

READY IN



395 min.

SERVINGS



2

CALORIES



1443 kcal

DESSERT

### Ingredients

- 2 large eggs
- 0.5 cup granulated sugar
- 1.3 cups cup heavy whipping cream
- 0.3 cup skim milk powder dry
- 0.1 teaspoon salt fine
- 3 ounces coconut sweetened packed flaked
- 13 ounce coconut milk unsweetened canned
- 0.1 teaspoon vanilla extract

## Equipment

- bowl
- sauce pan
- whisk
- sieve
- plastic wrap
- wooden spoon
- ice cream machine

## Directions

- Set a fine-mesh strainer over a large heatproof bowl; set aside.
- Combine the cream, coconut milk, 1/4 cup of the sugar, nonfat dry milk, and salt in a medium saucepan and whisk until the milk powder dissolves. Bring to a simmer over medium heat, stirring occasionally. Meanwhile, whisk the eggs, remaining 1/4 cup sugar, and vanilla in a medium bowl until thick and pale yellow in color. When the cream mixture is ready, slowly whisk about one-third of it into the eggs, whisking constantly so the warm cream doesn't scramble the eggs. Return the cream-egg mixture to the saucepan. Cook over medium-low heat, stirring constantly with a wooden spoon, until the mixture thickens slightly and coats the spoon, about 3 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.)
- Pour the mixture through the strainer into the bowl and discard the contents of the strainer. Stir the flaked coconut into the ice cream base until incorporated. Press a sheet of plastic wrap directly onto the surface of the mixture to prevent a skin from forming. Refrigerate until completely chilled, at least 4 hours. Freeze the ice cream base in an ice cream maker according to the manufacturer's directions.
- Serve immediately for a soft ice cream, or transfer the mixture to an airtight container and freeze until solid. Allow the ice cream to sit at room temperature for 15 minutes before serving if frozen solid.

## Nutrition Facts

**PROTEIN 5.76%** **FAT 68.96%** **CARBS 25.28%**

## Properties

Glycemic Index:35.05, Glycemic Load:34.91, Inflammation Score:-9, Nutrition Score:29.718260930932%

## Nutrients (% of daily need)

Calories: 1442.51kcal (72.13%), Fat: 114.49g (176.14%), Saturated Fat: 85.96g (537.25%), Carbohydrates: 94.45g (31.48%), Net Carbohydrates: 86.19g (31.34%), Sugar: 84.06g (93.4%), Cholesterol: 357.09mg (119.03%), Sodium: 486.11mg (21.14%), Alcohol: 0.09g (100%), Alcohol %: 0.02% (100%), Protein: 21.51g (43.01%), Manganese: 2.12mg (105.86%), Selenium: 42.48µg (60.68%), Phosphorus: 557.29mg (55.73%), Vitamin A: 2783.48IU (55.67%), Vitamin B2: 0.76mg (44.52%), Calcium: 349.95mg (35%), Copper: 0.68mg (33.9%), Vitamin D: 5.03µg (33.53%), Fiber: 8.26g (33.06%), Potassium: 1118.36mg (31.95%), Magnesium: 122.81mg (30.7%), Iron: 4.76mg (26.46%), Vitamin B12: 1.29µg (21.46%), Zinc: 3.16mg (21.04%), Vitamin B5: 2.08mg (20.78%), Folate: 67.71µg (16.93%), Vitamin E: 2.17mg (14.47%), Vitamin B6: 0.26mg (13.24%), Vitamin B1: 0.17mg (11.09%), Vitamin B3: 1.97mg (9.87%), Vitamin C: 7.07mg (8.57%), Vitamin K: 5.11µg (4.87%)