



Coconut-Palm Sugar Ice Cream

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



2

CALORIES



1445 kcal

DESSERT

Ingredients

- 2 bay leaves
- 2 servings coconut or for garnish, optional
- 1 tablespoon cornstarch
- 6 large egg yolk
- 1 cup coconut milk
- 1.5 cups cup heavy whipping cream
- 0.3 cup t brown sugar dark light packed
- 1 cups coconut sugar

0.5 teaspoon salt

Equipment

bowl

sauce pan

whisk

mixing bowl

pot

ice cream machine

Directions

In a medium mixing bowl, whisk together egg yolks, salt, and cornstarch until smooth; set side.

Heat coconut milk, heavy cream, palm sugar, brown sugar, and pandan leaves in heavy-bottomed 2-quart saucepan over medium heat stirring constantly until palm sugar is completely dissolved (about 10 minutes—mixture should not come to a boil).

Remove and discard the pandan leaves and remove pot from heat.

Slowly pour 1/2 of the cream mixture into the egg yolk mixture, whisking constantly. Once the two are well mixed, pour the egg yolk-cream mixture back into the cream pot and whisk to combine. Set the pot over low heat and cook, stirring constantly until it is thick enough to coat the back of a spoon and a line drawn through it with a finger stays clear, 5 to 7 minutes.

Remove the pot from heat and let the custard cool completely to room temperature. (To cool faster, transfer custard to a medium bowl set in a large bowl filled with ice)

Churn the custard in an electric ice cream maker following the manufacturer's instructions. Freeze until desired texture is reached.

Serve the ice cream with desiccated coconut shavings on top, if desired.

Nutrition Facts



PROTEIN 4.24% **FAT 63.43%** **CARBS 32.33%**

Properties

Glycemic Index:80.5, Glycemic Load:40.72, Inflammation Score:-9, Nutrition Score:23.662608706433%

Nutrients (% of daily need)

Calories: 1444.82kcal (72.24%), Fat: 105.42g (162.18%), Saturated Fat: 70.27g (439.2%), Carbohydrates: 120.88g (40.29%), Net Carbohydrates: 119.91g (43.6%), Sugar: 93.86g (104.29%), Cholesterol: 752.51mg (250.84%), Sodium: 838.18mg (36.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.71%), Vitamin A: 3365.55IU (67.31%), Manganese: 1.08mg (54.15%), Selenium: 35.48µg (50.69%), Phosphorus: 424.31mg (42.43%), Vitamin D: 5.61µg (37.4%), Vitamin B2: 0.61mg (35.72%), Iron: 5.87mg (32.61%), Folate: 100.57µg (25.14%), Calcium: 237.05mg (23.7%), Vitamin B5: 2.23mg (22.31%), Vitamin B12: 1.28µg (21.33%), Vitamin E: 2.98mg (19.88%), Copper: 0.37mg (18.72%), Magnesium: 73.78mg (18.45%), Potassium: 558.9mg (15.97%), Zinc: 2.36mg (15.75%), Vitamin B6: 0.29mg (14.74%), Vitamin B1: 0.16mg (10.46%), Vitamin K: 6.09µg (5.8%), Vitamin B3: 0.94mg (4.71%), Fiber: 0.96g (3.85%), Vitamin C: 2.58mg (3.12%)