



Cook the Book: Brown Bread Ice Cream

 Vegetarian

READY IN



180 min.

SERVINGS



6

CALORIES



551 kcal

DESSERT

Ingredients

- 4 slices raisin bread
- 1 cup t brown sugar dark packed
- 5 large egg yolk
- 2 cups cup heavy whipping cream
- 0.8 teaspoon rum extract
- 2 cups milk whole

Equipment

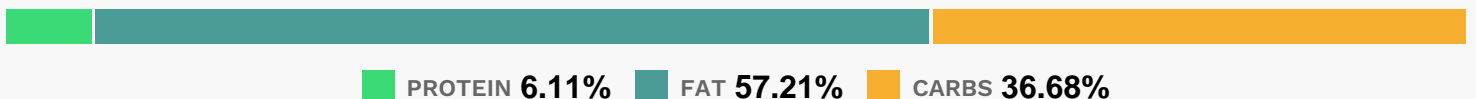
- food processor

- baking sheet
- sauce pan
- whisk
- pot
- sieve
- plastic wrap
- ice cream machine

Directions

- Process the bread in a food processor until it turns into crumbs. Measure out 1/2 cup, spread it on a baking sheet, and toast until dark brown but not burned. Cool to room temperature.
- Combine the cream, milk, and brown sugar in a medium saucepan and cook over medium heat, stirring constantly, until hot but not bubbling. Temper the egg yolks by slowly pouring 1 cup of the hot mixture into the egg yolks while whisking constantly.
- Pour the egg yolk mixture into the pot while stirring and cook until slightly thickened and steaming, but not bubbling.
- Remove from the heat.
- Pour the mixture through a sieve and stir in the rum extract. Cover the surface with plastic wrap to prevent a skin from forming, and cool to room temperature. Chill until very cold, about 6 hours or overnight. Freeze in an ice cream maker according to the manufacturer's instructions.
- Add the bread crumbs and churn another 2 minutes before transferring to an airtight container and placing in the freezer.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:10.701739181643%

Nutrients (% of daily need)

Calories: 550.98kcal (27.55%), Fat: 35.76g (55.01%), Saturated Fat: 21.3g (133.12%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 50.85g (18.49%), Sugar: 42.86g (47.62%), Cholesterol: 252.41mg (84.14%), Sodium: 129.54mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin A: 1502.24IU (30.04%), Vitamin B2: 0.41mg (23.83%), Selenium: 15.77µg (22.52%), Calcium: 212.55mg (21.25%), Phosphorus: 203.77mg (20.38%), Vitamin D: 2.93µg (19.53%), Vitamin B12: 0.84µg (14.04%), Folate: 42.6µg (10.65%), Vitamin B5: 1.04mg (10.45%), Vitamin B1: 0.15mg (9.67%), Potassium: 300.92mg (8.6%), Vitamin E: 1.18mg (7.9%), Vitamin B6: 0.15mg (7.7%), Iron: 1.23mg (6.83%), Zinc: 0.99mg (6.57%), Manganese: 0.12mg (6.11%), Magnesium: 23.83mg (5.96%), Vitamin B3: 0.78mg (3.9%), Copper: 0.07mg (3.6%), Vitamin K: 3.18µg (3.03%), Fiber: 0.75g (2.98%)