



Creamy Eggnog Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1051 kcal

DESSERT

Ingredients

- 8 egg yolks
- 1 cup eggnog refrigerated
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 2 cups milk
- 0.5 teaspoon salt
- 1 cup sugar
- 1 vanilla pod split

3 cups whipping cream

Equipment

bowl

sauce pan

knife

whisk

sieve

kitchen thermometer

Directions

Cook milk in a heavy saucepan over medium heat, stirring often, just until bubbles appear; remove from heat.

Add vanilla bean; cover and let stand 20 minutes.

Remove vanilla bean from milk; using the tip of a small sharp knife, scrape vanilla bean seeds into milk. Discard vanilla bean pod.

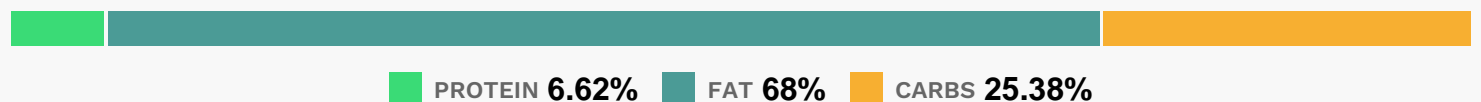
Whisk together egg yolks and next 4 ingredients in a large bowl until thickened. Gradually whisk warm vanilla milk into yolk mixture; return to saucepan.

Cook over low heat, whisking constantly, 20 minutes or until a thermometer registers 160 and custard coats a spoon.

Remove from heat; pour through a wire-mesh strainer into a bowl. Cool at room temperature about 30 minutes, stirring occasionally. Stir in whipping cream and eggnog; cover and chill 1 hour.

Pour custard mixture into freezer container of a 1-gallon hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt; let stand 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:59.52, Glycemic Load:39.94, Inflammation Score:-9, Nutrition Score:20.81695663929%

Nutrients (% of daily need)

Calories: 1050.5kcal (52.53%), Fat: 80.99g (124.6%), Saturated Fat: 48.47g (302.96%), Carbohydrates: 68.01g (22.67%), Net Carbohydrates: 67.56g (24.57%), Sugar: 66.38g (73.76%), Cholesterol: 642.61mg (214.2%), Sodium: 437.42mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.46%), Vitamin A: 3473.99IU (69.48%), Vitamin B2: 0.82mg (48.51%), Vitamin D: 6.9µg (46.03%), Selenium: 30.83µg (44.04%), Phosphorus: 437.38mg (43.74%), Calcium: 405.52mg (40.55%), Vitamin B12: 1.93µg (32.2%), Vitamin B5: 2.25mg (22.54%), Vitamin E: 2.78mg (18.55%), Folate: 60.57µg (15.14%), Vitamin B6: 0.3mg (14.81%), Potassium: 501.76mg (14.34%), Zinc: 2.07mg (13.82%), Vitamin B1: 0.19mg (12.67%), Magnesium: 41.92mg (10.48%), Manganese: 0.17mg (8.53%), Iron: 1.39mg (7.7%), Vitamin K: 6.75µg (6.43%), Copper: 0.07mg (3.28%), Vitamin C: 2.06mg (2.5%), Fiber: 0.45g (1.8%), Vitamin B3: 0.33mg (1.65%)