



Egnog Ice Cream

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



958 kcal

DESSERT

Ingredients

- 3 tablespoons rum dark
- 7 large egg yolk
- 2 cups cup heavy whipping cream chilled
- 0.3 teaspoon nutmeg freshly grated
- 3 servings nutmeg freshly grated
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla

1 cup milk whole

Equipment

bowl

frying pan

sauce pan

whisk

sieve

wooden spoon

kitchen thermometer

ice cream machine

Directions

Bring milk and salt to a boil in a 2- to 3-quart heavy saucepan over moderate heat.

Remove from heat.

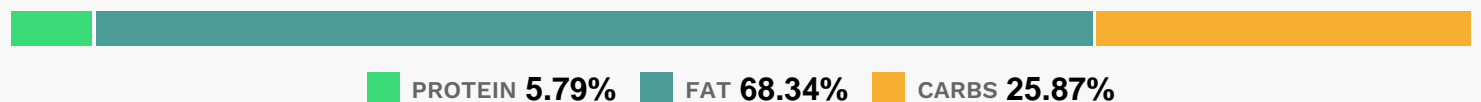
Whisk together yolks and sugar in a bowl, then gradually add 1/4 cup hot milk, whisking.

Add yolk mixture to milk remaining in pan in a slow stream, whisking, and cook over low heat, stirring constantly with a wooden spoon, until mixture is slightly thickened, coats back of spoon, and registers 175°F on thermometer, 3 to 5 minutes. Immediately pour through a fine-mesh sieve set into a clean bowl and stir in cream, rum, vanilla, and nutmeg. Chill custard, covered, until cold, at least 2 hours.

Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 2 hours. Soften slightly in refrigerator before serving, about 20 minutes.

· Custard can be chilled up to 1 day. · Ice cream can be made 1 week ahead.

Nutrition Facts



Properties

Glycemic Index:87.7, Glycemic Load:36.78, Inflammation Score:-8, Nutrition Score:16.889130276182%

Nutrients (% of daily need)

Calories: 958.36kcal (47.92%), Fat: 71.34g (109.75%), Saturated Fat: 42.36g (264.73%), Carbohydrates: 60.76g (20.26%), Net Carbohydrates: 60.31g (21.93%), Sugar: 59.45g (66.06%), Cholesterol: 617.45mg (205.82%), Sodium: 287.69mg (12.51%), Alcohol: 5.47g (100%), Alcohol %: 1.99% (100%), Protein: 13.61g (27.22%), Vitamin A: 3038.36IU (60.77%), Selenium: 28.85µg (41.22%), Vitamin B2: 0.63mg (37.21%), Vitamin D: 5.58µg (37.17%), Phosphorus: 334.17mg (33.42%), Calcium: 260.68mg (26.07%), Vitamin B12: 1.47µg (24.44%), Vitamin B5: 1.89mg (18.94%), Vitamin E: 2.52mg (16.83%), Folate: 65.91µg (16.48%), Vitamin B6: 0.25mg (12.4%), Zinc: 1.69mg (11.24%), Vitamin B1: 0.16mg (10.38%), Potassium: 326.87mg (9.34%), Iron: 1.34mg (7.45%), Magnesium: 26.98mg (6.74%), Vitamin K: 5.6µg (5.33%), Manganese: 0.1mg (4.89%), Copper: 0.08mg (3.94%), Fiber: 0.45g (1.8%), Vitamin C: 1.02mg (1.23%), Vitamin B3: 0.23mg (1.16%)