



Fig and Sour Cream Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

- 4 large egg yolks
- 2 cups figs fresh coarsely chopped
- 1 teaspoon juice of lemon fresh
- 1 cup heavy whipping cream sour reduced-fat
- 0.1 teaspoon salt divided
- 0.8 cup sugar divided
- 1 teaspoon vanilla extract
- 2.5 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- kitchen thermometer
- kitchen towels

Directions

- Combine figs, 2 tablespoons sugar, juice, and a dash of salt. Cover and chill.
- Cook milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat.
- Combine remaining 10 tablespoons sugar, remaining dash of salt, and egg yolks in a bowl, stirring with a whisk. Gradually add half of hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium-low heat 5 minutes or until a thermometer registers 160, stirring constantly.
- Place pan in an ice-filled bowl; cool custard mixture, stirring occasionally. Stir in sour cream and vanilla. Cover and chill.
- Pour custard mixture into freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Stop machine and remove lid.
- Add fig mixture to freezer can. Replace lid; restart ice-cream freezer, and freeze 5 minutes or until set. Carefully drain liquid from bucket; repack bucket with ice and salt. Cover with kitchen towels; ripen at least 1 hour.

Nutrition Facts

  
 **PROTEIN 8.95%**  **FAT 30.27%**  **CARBS 60.78%**

Properties

Glycemic Index:21.14, Glycemic Load:20.32, Inflammation Score:-3, Nutrition Score:6.7569565151049%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 229.75kcal (11.49%), Fat: 7.98g (12.28%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 34.33g (12.48%), Sugar: 32.21g (35.79%), Cholesterol: 111.01mg (37%), Sodium: 94.08mg (4.09%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 5.3g (10.61%), Calcium: 166.29mg (16.63%), Phosphorus: 138.94mg (13.89%), Vitamin B2: 0.22mg (12.84%), Vitamin B12: 0.7µg (11.64%), Selenium: 7.33µg (10.47%), Potassium: 323.58mg (9.25%), Vitamin D: 1.36µg (9.03%), Vitamin A: 424.42IU (8.49%), Vitamin B6: 0.15mg (7.46%), Vitamin B5: 0.72mg (7.17%), Vitamin B1: 0.1mg (6.99%), Fiber: 1.72g (6.87%), Magnesium: 22.6mg (5.65%), Zinc: 0.74mg (4.96%), Folate: 19.25µg (4.81%), Manganese: 0.09mg (4.28%), Vitamin K: 3.21µg (3.06%), Copper: 0.06mg (2.76%), Vitamin E: 0.41mg (2.73%), Iron: 0.48mg (2.68%), Vitamin C: 1.68mg (2.04%), Vitamin B3: 0.34mg (1.71%)