Fire and Ice Cream

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
130 min.	2	1520 kcal

DESSERT

Ingredients

- [ ] 0.3 teaspoon cinnamon extract
- [ ] 2 cups half-and-half
- [ ] 0.3 teaspoon kosher salt
- [ ] 1 cup sugar
- [ ] 1.5 teaspoons vanilla extract
- [ ] 2 cups whipping cream

Equipment

- [ ] bowl

- [ ] whisk
- [ ] ice cream machine

Directions

- [ ] Whisk the cream, half-and-half, sugar and salt in a bowl until the sugar dissolves. Stir in the vanilla extract and cinnamon oil. Churn in an ice cream maker.
- [ ] Transfer to an airtight container and freeze until firm, at least 2 hours.
- [ ] Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN **3.69%** FAT **66.09%** CARBS **30.22%**

Properties

Glycemic Index:37.55, Glycemic Load:69.81, Inflammation Score:-9, Nutrition Score:17.350434945977%

Nutrients (% of daily need)

Calories: 1520.48kcal (76.02%), Fat: 114.07g (175.5%), Saturated Fat: 71.75g (448.46%), Carbohydrates: 117.35g (39.12%), Net Carbohydrates: 117.21g (42.62%), Sugar: 117.13g (130.14%), Cholesterol: 353.64mg (117.88%), Sodium: 503.86mg (21.91%), Alcohol: 1.03g (100%), Alcohol %: 0.22% (100%), Protein: 14.35g (28.69%), Vitamin A: 4356.02IU (87.12%), Vitamin B2: 0.94mg (55.23%), Calcium: 420.04mg (42%), Phosphorus: 368.28mg (36.83%), Vitamin D: 3.81µg (25.39%), Selenium: 15.49µg (22.13%), Vitamin E: 2.8mg (18.67%), Potassium: 553.12mg (15.8%), Vitamin B12: 0.84µg (14.01%), Vitamin B5: 1.31mg (13.08%), Magnesium: 41.38mg (10.34%), Vitamin K: 10.84µg (10.32%), Vitamin B6: 0.21mg (10.27%), Zinc: 1.53mg (10.22%), Vitamin B1: 0.12mg (8.04%), Vitamin C: 3.62mg (4.38%), Folate: 16.8µg (4.2%), Manganese: 0.06mg (3.01%), Copper: 0.06mg (2.91%), Iron: 0.44mg (2.42%), Vitamin B3: 0.43mg (2.16%)