

Five-Herb Ice Milk



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



583 kcal

BEVERAGE

DRINK

Ingredients



2 sprigs basil fresh (3- to 4-inch)



2 tablespoons cornstarch



4 large egg yolk



2 sprigs culinary lavender buds fresh (3- to 4-inch)



2 sprigs lemon balm fresh (3- to 4-inch)



2 sprigs mint leaves fresh (3- to 4-inch)



0.3 teaspoon salt



1 cup sugar

- ☐ 2 sprigs tarragon fresh (3- to 4-inch)
- ☐ 4.7 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ wax paper
- ☐ ice cream machine

Directions

- ☐ Whisk together milk, sugar, cornstarch, and salt in a 2- to 3-quart heavy saucepan.
- ☐ Add herb sprigs and bring to a boil, whisking constantly. Gently boil, whisking constantly, 1 minute.
- ☐ Lightly beat yolks in a large bowl.
- ☐ Pour hot milk mixture through a sieve into a large glass measure, pressing gently on sprigs before discarding, then gradually add to yolks, whisking until combined.
- ☐ Cook mixture in saucepan over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175°F on thermometer, 3 to 5 minutes (do not let boil).
- ☐ Pour custard through cleaned sieve into a clean bowl and cool completely, its surface covered with wax paper. Chill until cold, at least 2 hours.
- ☐ Freeze custard in ice cream maker.
- ☐ Transfer ice milk to an airtight container and put in freezer to harden.
- ☐ Ice milk keeps 3 days.

Nutrition Facts



 PROTEIN **11.06%**  FAT **27.95%**  CARBS **60.99%**

Properties

Glycemic Index:82.7, Glycemic Load:53.69, Inflammation Score:-6, Nutrition Score:18.073913071467%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg

Nutrients (% of daily need)

Calories: 583.21kcal (29.16%), Fat: 18.49g (28.45%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 90.78g (30.26%), Net Carbohydrates: 90.51g (32.91%), Sugar: 84.92g (94.36%), Cholesterol: 290.35mg (96.78%), Sodium: 351.34mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Calcium: 519.24mg (51.92%), Phosphorus: 478.34mg (47.83%), Vitamin B12: 2.49µg (41.53%), Vitamin B2: 0.68mg (39.91%), Vitamin D: 5.4µg (35.99%), Selenium: 20.52µg (29.31%), Vitamin A: 1126.71IU (22.53%), Vitamin B5: 2.1mg (21.01%), Potassium: 647.36mg (18.5%), Vitamin B6: 0.35mg (17.34%), Vitamin B1: 0.26mg (17.16%), Zinc: 2.17mg (14.44%), Magnesium: 53.39mg (13.35%), Folate: 39.17µg (9.79%), Manganese: 0.17mg (8.54%), Iron: 1.23mg (6.85%), Vitamin K: 6.83µg (6.51%), Vitamin E: 0.79mg (5.23%), Vitamin B3: 0.56mg (2.79%), Copper: 0.05mg (2.36%), Vitamin C: 1.41mg (1.71%), Fiber: 0.27g (1.1%)