



French-Style Ice Cream



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



50

CALORIES



50 kcal

DESSERT

Ingredients

- ☐ 6 large egg yolks (large)
- ☐ 1.8 cups heavy cream
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1.3 cups milk whole

Equipment

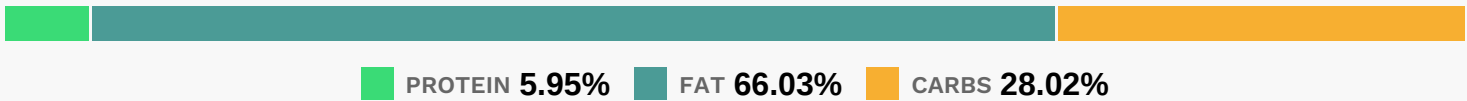
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Set a medium bowl in a large bowl of ice water. In another medium bowl, whisk the egg yolks with 1/2 cup of the sugar until pale, about 3 minutes.
- ☐ In a medium saucepan, combine the cream, milk, salt and remaining 1/4 cup of sugar and bring to a simmer, whisking until the sugar is completely dissolved.
- ☐ Whisk the hot cream mixture into the beaten egg yolks in a thin stream.
- ☐ Transfer the mixture to the saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until the custard is thick enough to lightly coat the back of the spoon, about 4 minutes; don't let it boil.
- ☐ Pour the custard through a fine-mesh strainer into the medium bowl in the ice water.
- ☐ Let cool completely, stirring frequently. Refrigerate the custard until very cold, at least 1 hour.
- ☐ Pour the custard into an ice cream maker with flavorings, if using, and freeze according to the manufacturer's instructions.
- ☐ Transfer the frozen custard to a plastic container, cover and freeze until firm, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:0.911739124876%

Nutrients (% of daily need)

Calories: 50.1kcal (2.51%), Fat: 3.75g (5.77%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.58g (1.3%), Sugar: 3.54g (3.94%), Cholesterol: 32.18mg (10.73%), Sodium: 6.35mg (0.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin A: 161.75IU (3.23%), Selenium: 1.53µg (2.18%), Vitamin B2: 0.04mg (2.08%), Vitamin D: 0.31µg (2.07%), Phosphorus: 18.95mg (1.89%), Calcium: 15.66mg (1.57%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.1mg (1.05%)