



French Vanilla Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1118 kcal

DESSERT

Ingredients

- 2.5 cups cup heavy whipping cream
- 2 cups milk whole
- 2 vanilla pod halved lengthwise
- 8 large egg yolk
- 0.8 cup sugar
- 0.3 teaspoon salt

Equipment

- bowl

- frying pan
- sauce pan
- ladle
- knife
- whisk
- sieve
- hand mixer
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Put cream and milk into a medium saucepan over medium-high heat. Scrape vanilla seeds from beans with the tip of a small knife into pan; add beans.
- Heat the mixture until hot (do not let simmer), about 2 minutes.
- Remove mixture from heat; cover, and let stand 30 minutes.
- Prepare an ice-water bath; set aside. Put yolks, sugar, and salt into the bowl of an electric mixer fitted with the whisk attachment. Beat on high speed until yolk mixture has tripled in volume and can hold a ribbon on surface for 2 seconds, about 3 minutes.
- Reduce speed to medium. Ladle 1 cup cream mixture in a slow stream into yolk mixture to temper it.
- Add another cup cream mixture; beat to combine.
- Transfer mixture to saucepan; cook over medium-high heat, stirring constantly, until it is thick enough to coat the back of a wooden spoon and an instant-read thermometer registers 180 degrees; 5 to 7 minutes.
- Pour custard through a medium-mesh sieve into a bowl set in ice-water bath.
- Let cool completely, stirring often.
- Freeze custard in an ice cream maker according to manufacturer's instructions.
- Serve immediately, or freeze in an airtight plastic container until ready to serve. If frozen for more than 4 hours, let ice cream stand at room temperature 15 to 20 minutes before serving.

Nutrition Facts

PROTEIN 6.38% FAT 70.64% CARBS 22.98%

Properties

Glycemic Index:36.03, Glycemic Load:37.79, Inflammation Score:-9, Nutrition Score:21.695217516111%

Nutrients (% of daily need)

Calories: 1118.24kcal (55.91%), Fat: 89.48g (137.66%), Saturated Fat: 52.97g (331.07%), Carbohydrates: 65.49g (21.83%), Net Carbohydrates: 65.49g (23.81%), Sugar: 63.77g (70.85%), Cholesterol: 733.24mg (244.41%), Sodium: 331.41mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin A: 3832.73IU (76.65%), Vitamin B2: 0.85mg (49.78%), Selenium: 34.73µg (49.61%), Vitamin D: 7.41µg (49.4%), Phosphorus: 456.13mg (45.61%), Calcium: 390.08mg (39.01%), Vitamin B12: 2.08µg (34.66%), Vitamin B5: 2.47mg (24.68%), Vitamin E: 3.08mg (20.5%), Folate: 74.12µg (18.53%), Vitamin B6: 0.33mg (16.37%), Zinc: 2.19mg (14.61%), Vitamin B1: 0.21mg (14.04%), Potassium: 482.87mg (13.8%), Magnesium: 35.67mg (8.92%), Iron: 1.46mg (8.13%), Vitamin K: 7.15µg (6.81%), Copper: 0.06mg (3.1%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.31mg (1.54%), Vitamin C: 1.19mg (1.44%)