



## Fresh Mint Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

DESSERT

### Ingredients

- ☐ 2 large egg yolks
- ☐ 1 cup half-and-half
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 ounce mint sprigs fresh
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar

### Equipment

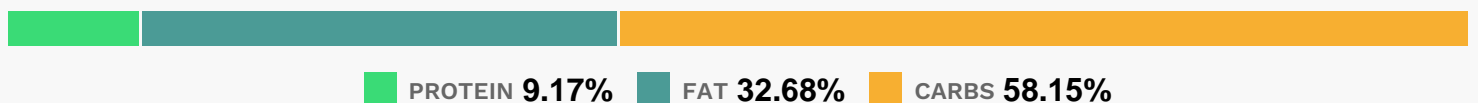
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ kitchen towels

## Directions

- ☐ Combine milk, half-and-half, and mint sprigs in a medium heavy saucepan over medium-high heat.
- ☐ Heat milk mixture to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat; cover and let stand for 10 minutes.
- ☐ Pour milk mixture through a fine sieve over a bowl, pressing slightly with a wooden spoon; discard solids. Return liquid to pan.
- ☐ Place sugar, salt, and egg yolks in a bowl; stir with a whisk until pale. Gradually add half of hot milk mixture to egg mixture, stirring constantly with a whisk.
- ☐ Pour egg yolk mixture into pan with remaining milk mixture; cook over medium-low heat until a thermometer registers 160 (about 2 minutes), stirring constantly.
- ☐ Place pan in a large ice-filled bowl until custard cools completely, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Drain ice water from freezer bucket; repack with salt and ice. Cover with kitchen towels, and let stand 1 hour or until firm.
- ☐ Garnish with mint leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:5.4139129778613%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg

Nutrients (% of daily need)

Calories: 209.97kcal (10.5%), Fat: 7.82g (12.03%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 30.94g (11.25%), Sugar: 30.63g (34.03%), Cholesterol: 81.61mg (27.2%), Sodium: 72.47mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin B2: 0.27mg (15.94%), Calcium: 156.6mg (15.66%), Phosphorus: 136.24mg (13.62%), Vitamin A: 505.45IU (10.11%), Vitamin B12: 0.6µg (10.07%), Selenium: 6.58µg (9.4%), Vitamin B5: 0.58mg (5.82%), Potassium: 196.94mg (5.63%), Zinc: 0.72mg (4.8%), Folate: 18.8µg (4.7%), Magnesium: 16.75mg (4.19%), Vitamin B6: 0.08mg (3.8%), Vitamin B1: 0.06mg (3.78%), Manganese: 0.07mg (3.56%), Iron: 0.44mg (2.46%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.31µg (2.04%), Vitamin E: 0.27mg (1.8%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.5%)