



## Fresh Mint Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

## Ingredients

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

## Equipment

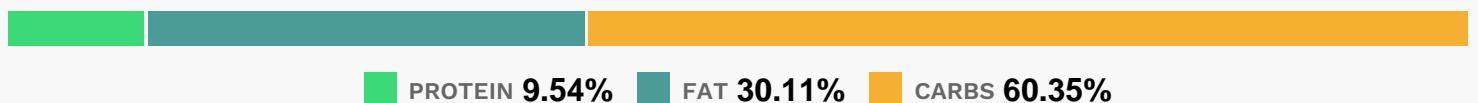
- ☐ bowl

- ☐ 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:0, Nutrition Score:5.7504347096319%

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: 204.47kcal (10.22%), Fat: 7.01g (10.79%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 31.62g (10.54%), Net Carbohydrates: 31.25g (11.36%), Sugar: 30.55g (33.94%), Cholesterol: 79.25mg (26.42%), Sodium: 66.18mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Calcium: 161.32mg (16.13%), Phosphorus: 144.89mg (14.49%), Vitamin B2: 0.24mg (13.86%), Vitamin A: 579.39IU (11.59%), Vitamin B12: 0.67µg (11.12%), Selenium: 6.27µg (8.95%), Vitamin D: 1.17µg (7.81%), Potassium: 211.88mg (6.05%), Vitamin B5: 0.59mg (5.86%), Vitamin B1: 0.07mg (4.72%), Vitamin B6: 0.09mg (4.66%), Zinc: 0.68mg (4.54%), Magnesium: 17.54mg (4.38%), Folate: 16.44µg (4.11%), Manganese: 0.06mg (3.12%), Iron: 0.43mg (2.37%), Vitamin C: 1.87mg (2.26%), Vitamin E: 0.26mg (1.75%), Fiber: 0.38g (1.51%), Copper: 0.03mg (1.3%), Vitamin B3: 0.21mg (1.07%)