



## Frosted Toast Crunch™ Cereal Ice Cream

 Vegetarian

READY IN



210 min.

SERVINGS



6

CALORIES



308 kcal

DESSERT

### Ingredients

- 1 cup corn flakes/bran flakes french crushed finely toast crunch®
- 6 egg yolk
- 1 cup sugar
- 1 teaspoon vanilla
- 4 cups milk whole

### Equipment

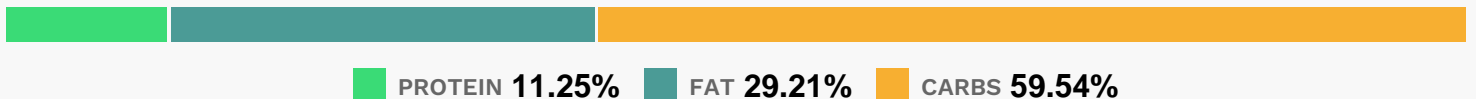
- bowl
- sauce pan

- whisk
- hand mixer
- ice cream machine

## Directions

- In large bowl, beat egg yolks and sugar with electric mixer on medium speed 3 to 4 minutes or until creamy and pale yellow. Beat in vanilla. Set aside.
- In 2-quart saucepan, heat milk over medium-high heat until bubbles start to form around edge of saucepan. Do not allow milk to boil.
- Add crushed cereal; beat with whisk to combine.
- Remove from heat.
- Add 1/4 cup of milk mixture to egg mixture; beat with whisk to combine. Repeat this step 2 more times.
- Transfer egg mixture to saucepan; cook over medium-low heat until mixture thickens and coats back of spoon. Cool mixture in saucepan completely, about 30 minutes.
- Refrigerate mixture in saucepan until very cold, about 2 hours.
- Transfer mixture to ice cream maker. Freeze according to manufacturers directions.

## Nutrition Facts



## Properties

Glycemic Index:30.06, Glycemic Load:29.15, Inflammation Score:-5, Nutrition Score:12.466521737368%

## Nutrients (% of daily need)

Calories: 307.68kcal (15.38%), Fat: 10.22g (15.73%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 45.67g (16.61%), Sugar: 42.52g (47.24%), Cholesterol: 213.92mg (71.31%), Sodium: 106.85mg (4.65%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 8.86g (17.72%), Phosphorus: 264.47mg (26.45%), Vitamin B12: 1.56µg (26.05%), Vitamin B2: 0.42mg (24.7%), Selenium: 16.87µg (24.1%), Calcium: 226.64mg (22.66%), Vitamin D: 2.98µg (19.88%), Folate: 70.75µg (17.69%), Vitamin B1: 0.21mg (13.97%), Vitamin A: 689.75IU (13.79%), Vitamin B6: 0.28mg (13.79%), Iron: 2.38mg (13.2%), Manganese: 0.26mg (12.86%), Vitamin B5: 1.2mg (12.03%), Zinc: 1.42mg (9.46%), Magnesium: 35.77mg (8.94%), Potassium: 300.81mg (8.59%), Vitamin B3: 1.29mg (6.46%), Fiber: 1.22g (4.88%), Vitamin E: 0.6mg (3.98%), Copper: 0.05mg (2.58%)