



Frozen Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- 8 eggs beaten
- 2 quarts milk
- 1 cup sugar
- 2 teaspoons vanilla extract

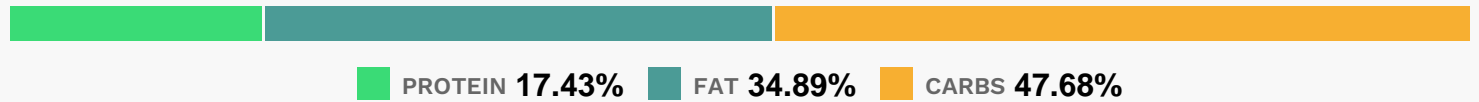
Equipment

- whisk
- dutch oven

Directions

- Combine all ingredients in a large Dutch oven; beat with a wire whisk until well blended. Cook over medium–low heat, stirring constantly, 20 minutes or until mixture thickens and coats a metal spoon.
- Remove from heat, and cool slightly.
- Pour mixture into freezer can of a 1–gallon hand–turned or electric freezer. Freeze according to manufacturer's instructions.
- Let custard ripen at least 1 hour before serving.
- Additional milk may be added to freezer can if mixture does not reach fill line.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:21.65, Inflammation Score:-4, Nutrition Score:11.776956602283%

Nutrients (% of daily need)

Calories: 304kcal (15.2%), Fat: 11.84g (18.21%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 36.39g (13.23%), Sugar: 36.62g (40.69%), Cholesterol: 192.07mg (64.02%), Sodium: 152.72mg (6.64%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 13.3g (26.61%), Phosphorus: 326.13mg (32.61%), Calcium: 316mg (31.6%), Vitamin B2: 0.53mg (31.37%), Vitamin B12: 1.67µg (27.82%), Selenium: 18.15µg (25.93%), Vitamin D: 3.48µg (23.22%), Vitamin B5: 1.56mg (15.57%), Vitamin A: 620.87IU (12.42%), Potassium: 417.58mg (11.93%), Vitamin B6: 0.22mg (10.97%), Zinc: 1.54mg (10.27%), Vitamin B1: 0.15mg (10.01%), Magnesium: 33.79mg (8.45%), Folate: 20.68µg (5.17%), Iron: 0.78mg (4.35%), Vitamin E: 0.58mg (3.87%), Copper: 0.04mg (1.83%), Vitamin B3: 0.29mg (1.43%), Manganese: 0.03mg (1.25%)