



Frozen Vanilla Custard



Vegetarian



Gluten Free

READY IN



279 min.

SERVINGS



8

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 5 large egg yolk
- ☐ 0.5 cup half and half
- ☐ 2 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

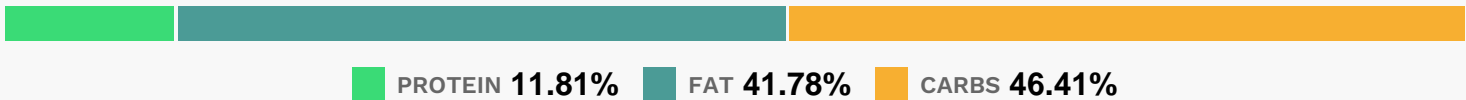
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook milk and half-and-half in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Combine sugar and egg yolks in a large bowl, stirring with a whisk until thick and pale. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Stir in salt; cook over medium heat 10 minutes or until thick, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Place pan in a large ice-filled bowl until custard is chilled (about 1 hour), stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon frozen custard into a freezer-safe container; cover and freeze 3 hours or until firm.
- ☐ Kids Can Help: I love making our sweet treats really count, so when we're at the store, I ask my kids to pick out the fruit they'd like to add to this base. Then they're really excited to eat it, plus they're getting a great dose of fruit. Kids can also help by measuring all the ingredients for you.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:4.3730434768874%

Nutrients (% of daily need)

Calories: 139.47kcal (6.97%), Fat: 6.55g (10.07%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 16.36g (5.95%), Sugar: 16.12g (17.92%), Cholesterol: 127.36mg (42.45%), Sodium: 73.99mg (3.22%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.16g (8.33%), Phosphorus: 117.43mg (11.74%), Selenium: 7.67µg (10.95%), Calcium: 105.1mg (10.51%), Vitamin B2: 0.17mg (10.13%), Vitamin B12: 0.57µg (9.42%),

Vitamin D: 1.24µg (8.3%), Vitamin A: 305.58IU (6.11%), Vitamin B5: 0.59mg (5.89%), Vitamin B6: 0.08mg (4.1%),
Folate: 15.97µg (3.99%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.56mg (3.7%), Potassium: 123.67mg (3.53%),
Magnesium: 9.39mg (2.35%), Vitamin E: 0.34mg (2.28%), Iron: 0.3mg (1.69%)