



Ginger Green Tea Ice Cream



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



2

CALORIES



1316 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 3 cups half and half
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup matcha tea powder green
- ☐ 1.5 cups sugar

Equipment

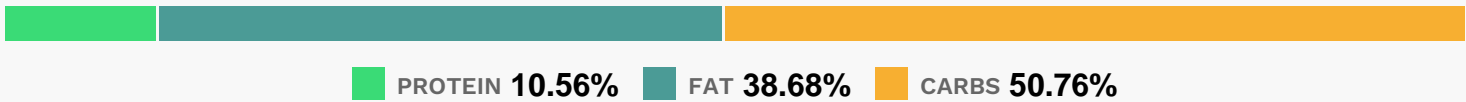
- ☐ sauce pan
- ☐ whisk

- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Add matcha powder to a heavy-bottomed saucepan and very slowly whisk in half and half, stopping frequently to smooth out any lumps. Lumps will not cook out.
- ☐ Once half and half is fully and smoothly whisked in, place saucapan over medium heat and bring to a simmer, whisking occasionally.
- ☐ Remove from heat, stir in ginger, cover, and let steep for 1 hour.
- ☐ In a mixing bowl combine egg yolks and sugar and whisk until combined.
- ☐ Mixture will be very thick. When dairy finishes steeping, uncover and quickly stir in egg yolk mixture, whisking to fully incorporate. Put saucepan on medium heat and cook, stirring frequently, until a custard forms on the back of a spoon and a swiped finger leaves a clean line. Stir in salt to taste.
- ☐ Pour custard through a fine mesh strainer into an airtight container and chill overnight. The next day, churn according to manufacturer's instructions.
- ☐ Transfer ice cream to container and chill in freezer for at least 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:104.72, Inflammation Score:-9, Nutrition Score:23.388695716858%

Nutrients (% of daily need)

Calories: 1315.63kcal (65.78%), Fat: 56.53g (86.98%), Saturated Fat: 30.68g (191.72%), Carbohydrates: 166.95g (55.65%), Net Carbohydrates: 166.95g (60.71%), Sugar: 164.99g (183.33%), Cholesterol: 710.25mg (236.75%), Sodium: 1411.59mg (61.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.47%), Vitamin A: 3542.38IU (70.85%), Selenium: 42.76µg (61.08%), Vitamin B2: 1.02mg (59.87%), Phosphorus: 555.45mg (55.54%), Calcium: 460.29mg (46.03%), Iron: 7.06mg (39.24%), Vitamin B12: 1.74µg (29.05%), Vitamin B5: 2.66mg (26.64%), Folate: 89.73µg (22.43%), Vitamin D: 2.92µg (19.44%), Vitamin B6: 0.37mg (18.52%), Zinc: 2.68mg (17.84%), Potassium: 541.26mg (15.46%), Vitamin E: 2.3mg (15.34%), Vitamin B1: 0.2mg (13.6%), Magnesium: 39.03mg (9.76%), Vitamin K: 5.1µg (4.85%), Copper: 0.09mg (4.28%), Vitamin C: 3.27mg (3.96%), Manganese: 0.04mg (2.12%), Vitamin B3: 0.41mg (2.04%)