



Ginger Ice Milk

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- 2 large eggs lightly beaten
- 0.3 cup ginger fresh peeled ()
- 0.7 cup sugar
- 1 vanilla pod split
- 2 cups water
- 3 cups milk whole

Equipment

- bowl

- frying pan
- sauce pan
- whisk
- sieve

Directions

- Combine water and ginger in a small saucepan; bring to a boil.
- Drain.
- Combine ginger mixture, milk, and sugar in a medium saucepan. Scrape seeds from vanilla bean; add seeds and bean to milk mixture.
- Heat the milk mixture over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- Remove from heat.
- Place eggs in a large bowl. Gradually add hot milk mixture, stirring constantly with a whisk until blended.
- Let stand 15 minutes. Strain milk mixture through a sieve into pan; discard solids.
- Heat milk mixture over medium heat to 160, stirring constantly with a whisk. Cool completely.
- Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:8.9, Inflammation Score:-1, Nutrition Score:2.894347825776%

Nutrients (% of daily need)

Calories: 94.41kcal (4.72%), Fat: 2.86g (4.4%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 14.5g (5.27%), Sugar: 14.1g (15.67%), Cholesterol: 38.32mg (12.77%), Sodium: 37.44mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Calcium: 81.42mg (8.14%), Phosphorus: 79.02mg (7.9%), Vitamin B2: 0.13mg (7.37%), Vitamin B12: 0.4µg (6.73%), Vitamin D: 0.84µg (5.58%), Selenium: 3.8µg (5.43%), Vitamin B5: 0.36mg (3.61%), Potassium: 114.29mg (3.27%), Vitamin A: 143.82IU (2.88%), Vitamin B6:

0.06mg (2.78%), Vitamin B1: 0.04mg (2.54%), Zinc: 0.37mg (2.48%), Magnesium: 9.86mg (2.47%), Folate: 4.21µg (1.05%)