



Goat Cheese Nasturtium Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

DESSERT

Ingredients

- 0.3 cup the petals from dandelion flowers finely chopped
- 6 egg yolk
- 8 ounces goat cheese soft
- 1.5 cups milk
- 1 pinch sea salt
- 0.7 cup sugar divided

Equipment

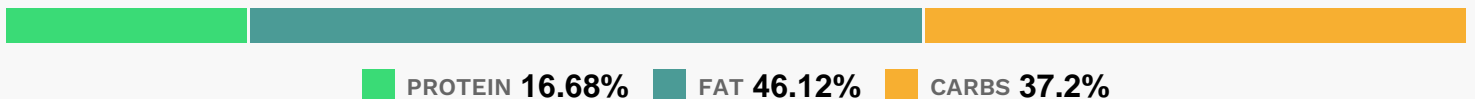
- bowl

- sauce pan
- whisk
- candy thermometer

Directions

- Put goat cheese in a large (3–quart) heatproof container that has a lid.
- In a medium saucepan over medium heat, warm milk and stir in half the sugar. Simmer until sugar dissolves. Meanwhile, whisk yolks with the remaining sugar and salt in a heatproof bowl. When the milk has absorbed all the sugar—but before it comes to a boil—begin to temper your eggs by slowly pouring half the warm milk mixture over the yolk mixture while whisking vigorously. Then slowly pour the egg–milk mixture back into the saucepan, whisking vigorously.
- Heat mixture until it coats the back of a spoon and the temperature reaches 165°F on a candy thermometer.
- Slowly pour mixture over goat cheese, whisking to fully dissolve and incorporate it. Fold in chopped flowers and chill mixture for at least 4 hours and up to overnight. Freeze in an ice-cream maker according to manufacturer’s instructions.
- Let ice cream sit at room temperature for about 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:24.89, Inflammation Score:-5, Nutrition Score:15.69999983518%

Nutrients (% of daily need)

Calories: 429.91kcal (21.5%), Fat: 22.26g (34.25%), Saturated Fat: 12.54g (78.4%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 39.27g (14.28%), Sugar: 38.32g (42.58%), Cholesterol: 328.66mg (109.55%), Sodium: 266.41mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Iron: 12.95mg (71.95%), Phosphorus: 357.32mg (35.73%), Vitamin B2: 0.49mg (28.86%), Selenium: 18.65µg (26.64%), Calcium: 227.09mg (22.71%), Vitamin A: 1123.27IU (22.47%), Copper: 0.44mg (21.95%), Vitamin B12: 1.13µg (18.81%), Vitamin D: 2.69µg (17.94%), Vitamin B5: 1.53mg (15.34%), Vitamin B6: 0.29mg (14.6%), Folate: 46.22µg (11.56%), Zinc: 1.52mg (10.14%), Vitamin B1: 0.14mg (9.23%), Potassium: 291.18mg (8.32%), Magnesium: 31mg (7.75%), Vitamin E: 0.84mg (5.63%), Fiber: 1.12g (4.5%), Manganese: 0.08mg (3.83%), Vitamin B3: 0.35mg (1.73%), Vitamin K: 1.48µg (1.41%)