

Grape-Nuts Ice Cream

 Vegetarian

READY IN



390 min.

SERVINGS



2

CALORIES



1534 kcal

DESSERT

Ingredients

- 6 egg yolk
- 1 cup grape nuts
- 2 cups cup heavy whipping cream
- 0.3 teaspoon salt
- 0.7 cup sugar
- 4 inch vanilla pod
- 1 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- spatula
- ice cream machine

Directions

- In a medium bowl lightly beat egg yolks and set aside.
- In a medium saucepan add cream, milk, and sugar. Split vanilla bean lengthwise and use the tip of the knife to scrape out the seeds.
- Add the seeds to the cream mixture along with a pinch of salt.
- Whisking occasionally, heat mixture over medium low heat until bubbles begin to form along the edges of the pan.
- Remove from heat and add heated cream mixture to the eggs one tablespoon at a time while whisking constantly to temper the eggs.
- Once the cream mixture and eggs have been combined return to the saucepan and heat on medium low until mixture coats back of a spoon or spatula and line drawn with a finger leaves a distinct trail.
- Mixture should register 170° to 175° F, do not allow mixture to overheat.
- Pour custard into a medium bowl and set over an ice bath.
- Let cool at room temperature for 1 hour, stirring occasionally, then cover and refrigerate for 2 more hours or up to overnight until completely chilled. Churn chilled custard according to your ice cream maker's instructions, adding the Grape-Nuts in the last 5 minutes of churning.
- Transfer ice cream into a bowl or container that will hold 1 quart. Cover and freeze for at least 3 hours to fully set.
- Serve

Nutrition Facts



■ PROTEIN 6.57% ■ FAT 60.71% ■ CARBS 32.72%

Properties

Glycemic Index:54.05, Glycemic Load:48.71, Inflammation Score:-10, Nutrition Score:42.787826030151%

Nutrients (% of daily need)

Calories: 1534.26kcal (76.71%), Fat: 106.16g (163.32%), Saturated Fat: 62.36g (389.77%), Carbohydrates: 128.76g (42.92%), Net Carbohydrates: 121.22g (44.08%), Sugar: 84.79g (94.21%), Cholesterol: 866.78mg (288.93%), Sodium: 697.59mg (30.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.69%), Vitamin A: 5500.94IU (110.02%), Iron: 17.99mg (99.93%), Manganese: 1.92mg (95.86%), Phosphorus: 742.72mg (74.27%), Folate: 288.46µg (72.11%), Selenium: 45.38µg (64.82%), Vitamin B2: 0.98mg (57.83%), Vitamin D: 8.07µg (53.77%), Vitamin B6: 0.85mg (42.28%), Calcium: 396.21mg (39.62%), Vitamin B1: 0.59mg (39.2%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 3.18mg (31.82%), Fiber: 7.54g (30.16%), Vitamin E: 4mg (26.69%), Magnesium: 105.93mg (26.48%), Vitamin B3: 5.29mg (26.46%), Zinc: 3.52mg (23.48%), Potassium: 701.35mg (20.04%), Copper: 0.27mg (13.55%), Vitamin K: 9.52µg (9.07%), Vitamin C: 1.49mg (1.8%)