



Green Tea Ice Cream

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



2

CALORIES



1354 kcal

DESSERT

Ingredients

- 6 large eggs
- 2 cups cup heavy whipping cream
- 0.3 teaspoon salt
- 0.7 cup sugar
- 1 cup milk whole

Equipment

- bowl
- sauce pan

- whisk
- sieve
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Bring cream, milk, and salt to a boil in a 3- to 4-quart heavy saucepan and remove from heat.
- Whisk together eggs, sugar, and matcha in a bowl (tea will not be completely dissolved), then add 1 cup hot cream mixture in a slow stream, whisking vigorously.
- Whisk custard into remaining cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170°F on an instant-read thermometer (do not let boil).
- Immediately pour custard through a fine sieve into a metal bowl, then cool to room temperature, stirring occasionally. Chill, covered, until cold, at least 1 hour.
- Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden.
- Cooks' note
- Ice cream keeps 1 week.

Nutrition Facts

■ PROTEIN **8.62%** ■ FAT **68.17%** ■ CARBS **23.21%**

Properties

Glycemic Index:54.05, Glycemic Load:48.71, Inflammation Score:-9, Nutrition Score:27.618696192037%

Nutrients (% of daily need)

Calories: 1353.57kcal (67.68%), Fat: 104.3g (160.46%), Saturated Fat: 61.7g (385.65%), Carbohydrates: 79.94g (26.65%), Net Carbohydrates: 79.94g (29.07%), Sugar: 79.91g (88.78%), Cholesterol: 841.58mg (280.53%), Sodium: 614.97mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.32%), Vitamin A: 4506.24IU (90.12%), Selenium: 55.91µg (79.87%), Vitamin B2: 1.31mg (77.29%), Phosphorus: 558.26mg (55.83%), Vitamin D: 8.15µg (54.33%), Vitamin B12: 2.37µg (39.58%), Calcium: 391.99mg (39.2%), Vitamin B5: 3.36mg (33.61%), Vitamin E: 3.83mg (25.5%), Vitamin B6: 0.41mg (20.64%), Zinc: 3.01mg (20.09%), Folate: 80.02µg (20.01%), Potassium: 617.49mg (17.64%), Iron: 2.9mg (16.1%), Magnesium: 49.31mg (12.33%), Vitamin B1: 0.18mg (11.73%), Vitamin K: 8.43µg

(8.03%), Copper: 0.14mg (7.01%), Manganese: 0.05mg (2.63%), Vitamin B3: 0.39mg (1.96%), Vitamin C: 1.43mg (1.73%)