



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
- ☐ 2 tablespoons tea green (powdered Japanese tea)
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 cup milk whole

Equipment

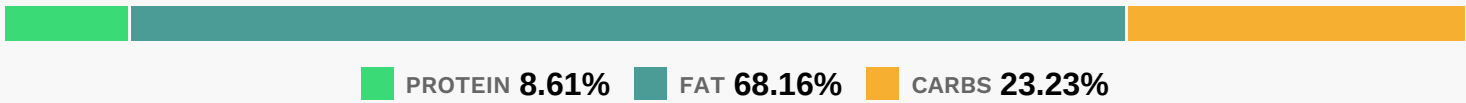
- ☐ bowl

- ☐ 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



Properties

Glycemic Index:54.05, Glycemic Load:48.71, Inflammation Score:-9, Nutrition Score:27.720435412034%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg,

Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1353.71kcal (67.69%), Fat: 104.3g (160.46%), Saturated Fat: 61.7g (385.65%), Carbohydrates: 79.98g (26.66%), Net Carbohydrates: 79.98g (29.08%), Sugar: 79.91g (88.78%), Cholesterol: 841.58mg (280.53%), Sodium: 615.42mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.32%), Vitamin A: 4506.24IU (90.12%), Selenium: 55.91µg (79.87%), Vitamin B2: 1.32mg (77.41%), Phosphorus: 558.41mg (55.84%), Vitamin D: 8.15µg (54.33%), Vitamin B12: 2.37µg (39.58%), Calcium: 391.99mg (39.2%), Vitamin B5: 3.36mg (33.63%), Vitamin E: 3.83mg (25.5%), Vitamin B6: 0.41mg (20.64%), Folate: 80.76µg (20.19%), Zinc: 3.02mg (20.11%), Potassium: 622.96mg (17.8%), Iron: 2.9mg (16.12%), Magnesium: 49.75mg (12.44%), Vitamin B1: 0.18mg (11.73%), Vitamin K: 8.43µg (8.03%), Copper: 0.14mg (7.09%), Manganese: 0.09mg (4.25%), Vitamin B3: 0.39mg (1.96%), Vitamin C: 1.43mg (1.73%)