



Helado de Maíz y Crema (Corn-Crema Ice Cream)

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



2

CALORIES



1613 kcal

DESSERT

Ingredients

- 3 cinnamon sticks
- 3 cups crema mexicana
- 6 ears corn fresh
- 9 large egg yolk
- 1 cup brown sugar light
- 0.3 teaspoon salt
- 1 cup milk whole

Equipment

- bowl
- sauce pan
- knife
- whisk
- mixing bowl
- blender
- ice cream machine
- cutting board

Directions

- Freeze ice cream maker insert according to manufacturer's instructions.
- Cut each cob in half crosswise. Stand one piece of cob upright, resting the cut end on a cutting board, pie plate, or large shallow mixing bowl. With a chef's knife, cut the kernels off, rotating the cob as you go. Reserve the cob. Repeat with remaining cobs.
- Combine corn kernels, crema, milk, brown sugar, cinnamon sticks, salt, and corn cobs in medium heavy-bottomed saucepan. Bring to boil over medium-high heat, then, reduce heat to medium low and simmer 20 minutes, stirring occasionally.
- Remove from heat and let stand 20 minutes.
- Remove and discard cobs and cinnamon sticks.
- Carefully pour corn mixture into blender (do this in batches if necessary) and puree until smooth. Strain pureed mixture into large bowl. Wipe out saucepan, return mixture to saucepan, and bring back to simmer over medium heat.
- Whisk egg yolks in large bowl until smooth. In slow, steady stream, slowly and carefully pour in 2 cups of simmering mixture, whisking continuously (See Notes).
- Whisk egg yolk mixture into mixture in saucepan and cook over medium-low heat, stirring constantly until temperature reaches 170°F, 8 to 10 minutes.
- Strain custard into large bowl and cool completely, about 3 hours, in refrigerator, or, place bowl in ice bath and stir until cooled, 10 to 15 minutes. Freeze corn custard in ice cream maker according to manufacturer's instructions.

Serve.

Nutrition Facts

PROTEIN 8.74% **FAT 44.92%** **CARBS 46.34%**

Properties

Glycemic Index:21.5, Glycemic Load:2.24, Inflammation Score:-9, Nutrition Score:39.048260958298%

Nutrients (% of daily need)

Calories: 1612.82kcal (80.64%), Fat: 83.22g (128.03%), Saturated Fat: 10.47g (65.44%), Carbohydrates: 193.2g (64.4%), Net Carbohydrates: 185.01g (67.28%), Sugar: 141.09g (156.77%), Cholesterol: 1028.46mg (342.82%), Sodium: 1907.61mg (82.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.83%), Calcium: 964.63mg (96.46%), Manganese: 1.48mg (73.76%), Selenium: 48.26µg (68.94%), Vitamin A: 3414.16IU (68.28%), Phosphorus: 669.63mg (66.96%), Folate: 226.51µg (56.63%), Vitamin B5: 4.84mg (48.42%), Vitamin B2: 0.72mg (42.53%), Vitamin B1: 0.62mg (41.51%), Vitamin D: 5.47µg (36.49%), Vitamin B12: 2.15µg (35.84%), Potassium: 1164.37mg (33.27%), Magnesium: 131.42mg (32.86%), Fiber: 8.19g (32.75%), Vitamin B6: 0.65mg (32.33%), Iron: 4.71mg (26.18%), Vitamin B3: 5.12mg (25.58%), Zinc: 3.63mg (24.21%), Vitamin C: 18.56mg (22.5%), Vitamin E: 2.35mg (15.64%), Copper: 0.28mg (13.78%), Vitamin K: 3.35µg (3.19%)