



Hickory Bark Ice Cream

 Gluten Free

READY IN



1440 min.

SERVINGS



2

CALORIES



2417 kcal

DESSERT

Ingredients

- 0.5 pound candy coating disks (see note above)
- 0.3 cup cornstarch
- 4 ounces cream cheese softened ()
- 1 cup cup heavy whipping cream
- 1 cup nuts smashed (see note above)
- 1 pinch salt
- 1 cup sugar
- 4 cups milk whole

Equipment

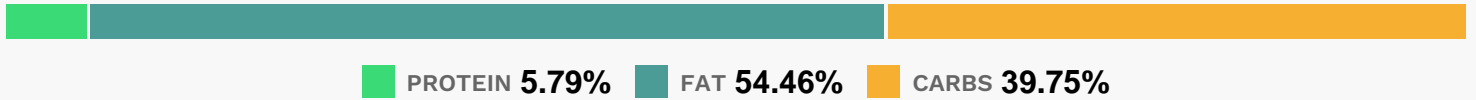
- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- whisk
- pot
- sieve
- blender
- ice cream machine
- cheesecloth

Directions

- Adjust an oven rack to center position and preheat oven to 325°F.
- Spread the hickory bark and shells apart on a baking sheet with parchment paper and toast until fragrant, about 8 minutes.
- Combine milk and toasted hickory bark and shells in a large pot.
- Heat over medium-high heat, stirring frequently, until simmering. Adjust heat to maintain a bare simmer and cook for 15 minutes, stirring often.
- Remove from heat, let cool for 1 hour at room temperature, then cover and transfer to refrigerator for at least 4 hours and up to overnight.
- Strain milk through a fine mesh strainer lined with cheesecloth and discard solids.
- Whisk 2 cups of hickory milk with the cornstarch in a medium bowl and set aside.
- Combine remaining 2 cups hickory milk, cream, sugar, and salt in a large saucepan and bring to a boil over medium-high heat, stirring frequently to prevent scorching.
- Whisk milk/cornstarch mixture, then pour into boiling milk. Reduce heat to a bare simmer and cook, stirring constantly, until thickened, 2 to 3 minutes,
- Remove from heat, let cool slightly, then combine with cream cheese.

- Transfer to a blender in two batches and blend until thoroughly.
- Transfer to sealable containers and let cool at room temperature with no lids for 1 hour. Cover and transfer to refrigerator. Refrigerate about 4 hours.
- Process in an ice cream machine according to manufacturer's instructions.
- Remove to freezer-safe container and harden in the freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:82.81, Inflammation Score:-9, Nutrition Score:37.933478085891%

Nutrients (% of daily need)

Calories: 2416.99kcal (120.85%), Fat: 147.85g (227.46%), Saturated Fat: 85.27g (532.92%), Carbohydrates: 242.75g (80.92%), Net Carbohydrates: 236.13g (85.87%), Sugar: 209.88g (233.2%), Cholesterol: 250.3mg (83.43%), Sodium: 458.95mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Phosphorus: 937.85mg (93.78%), Calcium: 785.51mg (78.55%), Manganese: 1.43mg (71.71%), Vitamin B2: 1.19mg (70.03%), Vitamin A: 3312.13IU (66.24%), Magnesium: 234.47mg (58.62%), Vitamin B12: 2.95µg (49.17%), Vitamin D: 7.27µg (48.48%), Copper: 0.96mg (48.2%), Potassium: 1352.22mg (38.63%), Zinc: 5.33mg (35.5%), Vitamin B5: 3.31mg (33.14%), Vitamin B1: 0.45mg (30.27%), Vitamin B6: 0.58mg (29.21%), Selenium: 18.77µg (26.81%), Fiber: 6.62g (26.5%), Vitamin B3: 4.02mg (20.12%), Iron: 2.97mg (16.5%), Vitamin E: 1.83mg (12.18%), Folate: 45.86µg (11.47%), Vitamin K: 6.46µg (6.15%), Vitamin C: 1mg (1.21%)