



Home made coffee ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

DESSERT

Ingredients

- 2 cups cup heavy whipping cream
- 6 egg yolk
- 2 Tbs coffee instant
- 2 cups milk
- 0.8 cup sugar
- 1 Tbs vanilla extract

Equipment

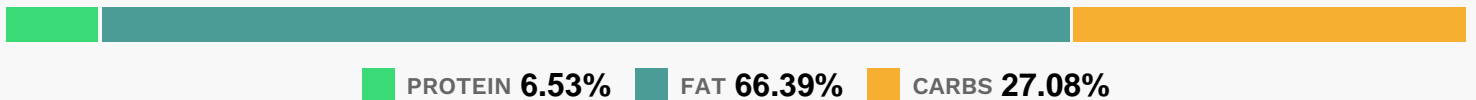
- bowl

- sauce pan
- whisk
- sieve
- plastic wrap
- ice cream machine

Directions

- Combine the cream, milk, sugar, and coffee in a medium, heavy saucepan
- Bring to a gentle boil over medium heat; remove from the heat and set aside. Beat the egg yolks in a medium bowl.
- Whisk 1 cup of the hot cream into the egg yolks.
- Add the vanilla extract. Gradually add the egg mixture in a slow, steady stream, to the hot cream
- Cook over low heat, stirring constantly until slightly thickened, about 4–5 minutes.
- Remove from the heat and strain through a fine mesh strainer into a clean container. Cover with plastic wrap, pressing down against the surface to keep a skin from forming. Chill in the refrigerator for at least 2 hours.
- Pour the mixture into an ice cream machine and churn until frozen (according to the manufacturer's instructions).
- Transfer to plastic container and place in the freezer for a few hours before serving. Serving: take it out of the freezer for 5–10 minutes before serving, or longer, so it comes to the right scooping temperature. Easy suggestion: ice cream is best served in chilled glass or porcelain bowls. Scoop it with a hot, but dry, ice-cream spoon (soak it in boiling water, then wipe dry).

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.9, Inflammation Score:-7, Nutrition Score:9.5939130434783%

Taste

Sweetness: 96.22%, Saltiness: 38.84%, Sourness: 13.84%, Bitterness: 8.64%, Savoriness: 27.73%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 484.87kcal (24.24%), Fat: 36.1g (55.54%), Saturated Fat: 21.48g (134.26%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 33.13g (12.05%), Sugar: 31.55g (35.06%), Cholesterol: 293.81mg (97.94%), Sodium: 62.03mg (2.7%), Alcohol: 0.75g (4.14%), Caffeine: 52.33mg (17.44%), Protein: 7.99g (15.97%), Vitamin A: 1557.52IU (31.15%), Vitamin B2: 0.36mg (21.44%), Vitamin D: 3.14µg (20.91%), Selenium: 14.37µg (20.52%), Phosphorus: 203.54mg (20.35%), Calcium: 178.46mg (17.85%), Vitamin B12: 0.92µg (15.29%), Vitamin B5: 1.05mg (10.46%), Vitamin E: 1.23mg (8.23%), Potassium: 279.69mg (7.99%), Folate: 29.45µg (7.36%), Vitamin B6: 0.14mg (7.07%), Zinc: 0.95mg (6.32%), Vitamin B1: 0.09mg (6.23%), Magnesium: 21.92mg (5.48%), Iron: 0.66mg (3.66%), Vitamin B3: 0.62mg (3.1%), Vitamin K: 2.94µg (2.8%), Manganese: 0.05mg (2.42%), Copper: 0.03mg (1.45%)