



Homemade pineapple ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



459 kcal

DESSERT

Ingredients

- 8 egg yolk
- 1 cup cup heavy whipping cream
- 3 cups pineapple cleaned cut into small pieces (or other fruit)
- 0.3 cup powdered milk
- 1 cup sugar
- 1 tsp vanilla extract
- 2 cups milk whole

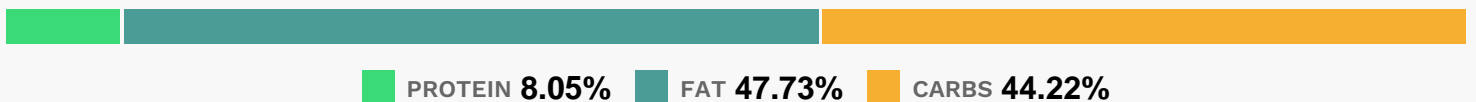
Equipment

- food processor
- bowl
- whisk
- pot
- blender
- ice cream machine

Directions

- In a large pot mix the milk, sugar and powdered milk. Bring the mix to a low simmer over medium heat and stir to dissolve the sugar, then turn the heat down and just keep it warm.
- Put the egg yolks in a medium bowl and whisk for 2 minutes until they are thickened. While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended. Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden or plastic spoon, until the mixture is thickened (like gravy). Stir in whipping cream and vanilla. Cover and put into the refrigerator for at least 6 hours (or overnight) before making the ice cream in the ice cream maker. Blend fruit in a food processor or blender to a puree consistency. Stir the pureed fruit into the milk and egg mixture.
- Mix thoroughly.
- Pour the mixture into an ice cream machine and churn until frozen, 15–20 minutes, according to the manufacturers instructions.
- Transfer to plastic container and place in the freezer for an hour before serving.

Nutrition Facts



Properties

Glycemic Index:35.29, Glycemic Load:31.3, Inflammation Score:-6, Nutrition Score:15.390434782609%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Taste

Sweetness: 100%, Saltiness: 21.81%, Sourness: 28.04%, Bitterness: 17.57%, Savoriness: 16.46%, Fattiness: 39.99%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 459kcal (22.95%), Fat: 24.91g (38.33%), Saturated Fat: 13.83g (86.41%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 50.78g (18.46%), Sugar: 48.73g (54.15%), Cholesterol: 318.96mg (106.32%), Sodium: 74.14mg (3.22%), Alcohol: 0.24g (1.34%), Protein: 9.46g (18.92%), Vitamin C: 40.13mg (48.64%), Manganese: 0.79mg (39.34%), Selenium: 17.33µg (24.75%), Phosphorus: 246.78mg (24.68%), Vitamin B2: 0.41mg (24.17%), Vitamin A: 1158.6IU (23.17%), Vitamin D: 3.39µg (22.57%), Calcium: 216.96mg (21.7%), Vitamin B12: 1.14µg (19.07%), Vitamin B5: 1.42mg (14.19%), Folate: 53.45µg (13.36%), Vitamin B6: 0.26mg (12.81%), Vitamin B1: 0.18mg (11.74%), Potassium: 348.4mg (9.95%), Zinc: 1.26mg (8.41%), Vitamin E: 1.07mg (7.15%), Magnesium: 28.25mg (7.06%), Copper: 0.12mg (6.08%), Iron: 0.98mg (5.43%), Fiber: 1.16g (4.62%), Vitamin B3: 0.57mg (2.83%), Vitamin K: 2.38µg (2.26%)