



Homemade "Shamrock Shakes"

 Vegetarian  Gluten Free  Popular

READY IN



540 min.

SERVINGS



2

CALORIES



1167 kcal

BEVERAGE

DRINK

Ingredients

- 6 large egg yolk
- 1 drops purple gel food coloring green
- 12 ounces cup heavy whipping cream
- 0.5 teaspoon peppermint extract
- 2 ounces mint leaves coarsely chopped
- 0.5 teaspoon salt
- 6 ounces sugar
- 1 vanilla pod split

8 ounces milk whole

Equipment

sauce pan

whisk

sieve

measuring cup

ice cream machine

Directions

In a heavy medium saucepan, whisk together cream, milk, sugar, salt, and egg yolks until well combined.

Place saucepan over medium heat and cook, whisking occasionally to prevent scorching, until mixture registers 145° F.

Remove from heat and strain into an airtight container.

Place container over ice bath and whisk until cooled to room temperature. Stir in mint leaves.

Add split vanilla bean. Cover and refrigerate custard overnight.

Remove custard from refrigerator.

Remove vanilla bean, set aside. Strain custard through fine-mesh sieve into large measuring cup. Press on mint leaves to strain out all of the liquid then discard the leaves. Scrape out vanilla bean seeds and whisk them into the strained mixture. Discard the pod.

Whisk in green food coloring and mint extract (if desired) then transfer custard to electric ice cream maker and churn according to manufacturer's directions until mixture is the desired thickness (should be about as thick as soft serve).

Transfer into two glasses and serve immediately.

Nutrition Facts



PROTEIN 5.94% **FAT 59.97%** **CARBS 34.09%**

Properties

Glycemic Index:54.05, Glycemic Load:61.39, Inflammation Score:-10, Nutrition Score:24.980869780416%

Flavonoids

Eriodictyol: 8.77mg, Eriodictyol: 8.77mg, Eriodictyol: 8.77mg, Eriodictyol: 8.77mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 3.59mg, Luteolin: 3.59mg, Luteolin: 3.59mg, Luteolin: 3.59mg

Nutrients (% of daily need)

Calories: 1166.63kcal (58.33%), Fat: 79.46g (122.25%), Saturated Fat: 46.17g (288.57%), Carbohydrates: 101.64g (33.88%), Net Carbohydrates: 99.37g (36.13%), Sugar: 95.71g (106.35%), Cholesterol: 756.62mg (252.21%), Sodium: 704.6mg (30.63%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 17.72g (35.45%), Vitamin A: 4623.84IU (92.48%), Selenium: 36.33µg (51.9%), Vitamin B2: 0.84mg (49.3%), Vitamin D: 6.72µg (44.82%), Phosphorus: 432.84mg (43.28%), Calcium: 387.74mg (38.77%), Vitamin B12: 1.88µg (31.32%), Folate: 113.58µg (28.4%), Vitamin B5: 2.48mg (24.78%), Vitamin E: 2.94mg (19.58%), Manganese: 0.37mg (18.74%), Vitamin B6: 0.34mg (17.2%), Iron: 3.05mg (16.95%), Zinc: 2.37mg (15.81%), Potassium: 551.89mg (15.77%), Vitamin B1: 0.21mg (14.04%), Magnesium: 50.88mg (12.72%), Vitamin C: 10.04mg (12.16%), Fiber: 2.27g (9.07%), Copper: 0.16mg (7.98%), Vitamin K: 6.14µg (5.85%), Vitamin B3: 0.73mg (3.64%)