



## Homemade Vanilla Bean Ice Cream – I Adore Food

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



185 kcal

DESSERT

### Ingredients

- 2 cup half and half
- 1 cup cup heavy whipping cream 35% ()
- 1 cup sugar
- 1 vanilla pod split

### Equipment

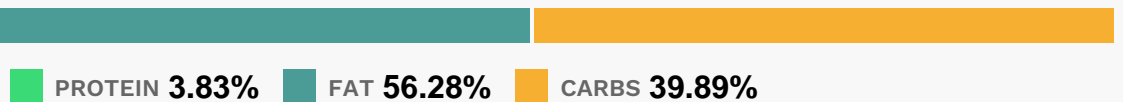
- sauce pan
- kitchen thermometer

- ice cream machine
- candy thermometer

## Directions

- \*\*Recipe for 1 Quart\*\*** In a large saucepan, combine all ingredients and place over medium heat. Stirring occasionally, bring the mixture to 170 degrees F (measure heat with a candy thermometer).
- Remove from heat and allow to cool slightly.
- Remove the hull of the vanilla bean, pour mixture into lidded container and refrigerate mixture overnight to mellow flavors and texture.
- \*\*I** you are making a double batch, mix your ice cream thoroughly and start by freezing half of the mixture and freeze the other half after, to make sure you have enough space in your ice cream maker for the ice cream to at least double in size.
- Freeze mixture in ice cream freezer according to unit's instructions. (Make sure the container of your ice cream maker has been in the freezer for at least two days to make sure the whole thing is completely frozen). The mixture will not freeze hard in the machine. Once the volume has increased by 1/2 to 3/4 times, and reached a soft serve consistency, spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving. ( From my experience, I would suggest to leave in it the freezer for at least 2 to 3 hours before serving).
- NOTE: If you do not have a thermometer, bring the mixture just barely to a simmer. As soon as you see a bubble hit the surface, remove it from the heat. Do not let it boil.

## Nutrition Facts



## Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:2.0434782257223%

## Nutrients (% of daily need)

Calories: 185.42kcal (9.27%), Fat: 11.91g (18.33%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 19g (6.91%), Sugar: 18.88g (20.98%), Cholesterol: 36.53mg (12.18%), Sodium: 30.13mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin A: 434.33IU (8.69%), Vitamin B2: 0.12mg (6.98%), Calcium: 56.41mg (5.64%), Phosphorus: 49.82mg (4.98%), Selenium: 1.99µg (2.84%), Vitamin D: 0.32µg

(2.12%), Potassium: 72.42mg (2.07%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.81%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.21mg (1.38%), Magnesium: 5.42mg (1.36%), Vitamin B6: 0.03mg (1.36%), Vitamin K: 1.16µg (1.1%), Vitamin B1: 0.02mg (1.07%)