



## Homemade Vanilla Ice Cream



Vegetarian



Gluten Free

READY IN



310 min.

SERVINGS



6

CALORIES



413 kcal

DESSERT

### Ingredients

- ☐ 7 large eggs yolks
- ☐ 1 cup granulated sugar (scant, or a tiny bit less than 1)
- ☐ 1.5 cups half-and-half
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla extract

### Equipment

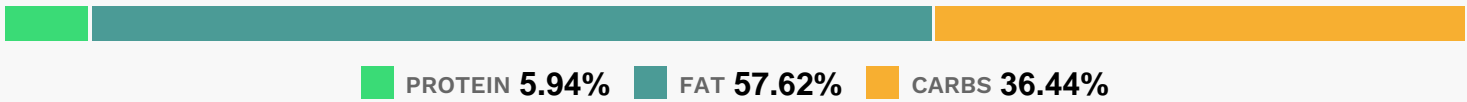
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ double boiler
- ☐ wooden spoon
- ☐ ice cream machine

## Directions

- ☐ In a mixing bowl, beat the sugar and salt into the egg yolks until thickened and pale yellow. Set aside.Bring the half-and-half to a simmer in a heavy medium sauce pan or in the top of a double boiler or in a bowl set over but not touching boiling water. I used a bowl set over boiling water to ensure that I wouldn't scramble the eggs.Slowly beat the hot half-and-half into the egg mixture.
- ☐ Pour the entire mixture back into the pan saucepan, double boiler or bowl set over saucepan and stir constantly with a whisk or wooden spoon until the custard thickens slightly. Be careful not to let the mixture boil or the eggs will scramble.
- ☐ Remove from the heat and pour the hot custard through a strainer into a large, clean bowl. Allow the custard to cool slightly, then stir in the cream and vanilla. Cover and refrigerate until cold or overnight.Stir the chilled custard, then freeze in 1 or 2 batches in your ice cream machine according to the manufacturer's instructions. When finished, the ice cream will be soft but ready to eat. For firmer ice cream, transfer to a freezer-safe container and freeze at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-5, Nutrition Score:7.1004348475%

## Nutrients (% of daily need)

Calories: 412.56kcal (20.63%), Fat: 26.64g (40.99%), Saturated Fat: 15.27g (95.44%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 37.91g (13.79%), Sugar: 37.31g (41.45%), Cholesterol: 280.2mg (93.4%), Sodium: 154.56mg (6.72%), Alcohol: 0.75g (100%), Alcohol %: 0.61% (100%), Protein: 6.18g (12.35%), Vitamin A: 1083.27IU (21.67%), Selenium: 14.43µg (20.62%), Vitamin B2: 0.31mg (17.94%), Phosphorus: 157.96mg (15.8%), Calcium: 117.13mg (11.71%), Vitamin D: 1.71µg (11.37%), Vitamin B12: 0.57µg (9.42%), Vitamin B5: 0.87mg (8.7%), Folate: 32.36µg (8.09%), Vitamin E: 1.03mg (6.85%), Vitamin B6: 0.11mg (5.71%), Zinc: 0.79mg (5.29%), Potassium: 143.05mg (4.09%), Vitamin B1: 0.06mg (4.08%), Iron: 0.63mg (3.51%), Magnesium: 10.08mg (2.52%), Vitamin K: 2.19µg (2.09%), Copper: 0.03mg (1.45%)