



Honey and Thyme Ice Cream with Candied Thyme



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



879 kcal

DESSERT

Ingredients

- ☐ 1 large egg whites
- ☐ 2 large eggs
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 16 lemon zest yellow (part only)
- ☐ 3 servings sugar
- ☐ 10 large thyme sprigs fresh

- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup milk whole

Equipment

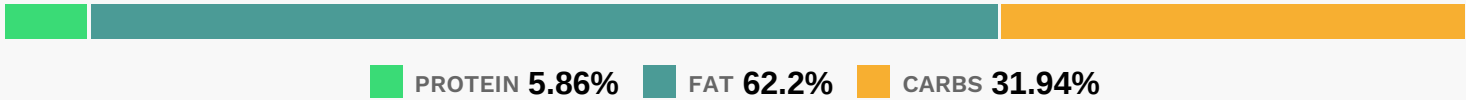
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ Bring first 4 ingredients to boil in medium saucepan.
- ☐ Remove from heat. Cover and let steep 2 hours.
- ☐ Whisk eggs and sugar in medium bowl.
- ☐ Add honey to cream mixture. Simmer over medium heat, stirring until honey dissolves. Gradually whisk cream mixture into egg mixture. Return custard to same pan. Stir over medium heat until custard thickens enough to coat spoon and thermometer reads 170°F to 175°F, about 4 minutes (do not boil). Strain into clean bowl; whisk in vanilla. Cover; chill until cold, at least 3 hours and up to 1 day.
- ☐ Process custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer to bowl, cover, and freeze until firm, at least 3 hours and up to 3 days.
- ☐ For candied thyme
- ☐ Whisk egg white in medium bowl until frothy.
- ☐ Place sugar in shallow bowl. Dip thyme sprigs, 1 at a time, into egg white to coat, then shake off excess.
- ☐ Add to sugar and turn to coat.
- ☐ Place on paper towels to dry.
- ☐ Let stand at room temperature at least 1 hour and up to 8 hours before using.

- ☐
- Scoop ice cream into bowls or goblets.
- ☐
- Garnish with candied thyme.

Nutrition Facts



Properties

Glycemic Index:68.45, Glycemic Load:34.25, Inflammation Score:-10, Nutrition Score:17.820434725803%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg

Nutrients (% of daily need)

Calories: 878.98kcal (43.95%), Fat: 63.26g (97.32%), Saturated Fat: 39.08g (244.23%), Carbohydrates: 73.11g (24.37%), Net Carbohydrates: 69.14g (25.14%), Sugar: 68.49g (76.1%), Cholesterol: 313.05mg (104.35%), Sodium: 143.97mg (6.26%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 13.41g (26.82%), Vitamin C: 47.85mg (58%), Vitamin A: 2818.53IU (56.37%), Vitamin B2: 0.68mg (39.8%), Calcium: 284.12mg (28.41%), Selenium: 19.49µg (27.84%), Vitamin D: 4.1µg (27.33%), Phosphorus: 251.48mg (25.15%), Vitamin B12: 1µg (16.66%), Fiber: 3.97g (15.89%), Vitamin B5: 1.39mg (13.94%), Vitamin E: 1.93mg (12.87%), Potassium: 438.28mg (12.52%), Vitamin B6: 0.24mg (12.13%), Iron: 1.83mg (10.18%), Zinc: 1.41mg (9.43%), Magnesium: 37.38mg (9.34%), Vitamin B1: 0.11mg (7.46%), Folate: 29.24µg (7.31%), Manganese: 0.12mg (5.96%), Copper: 0.11mg (5.71%), Vitamin K: 5.42µg (5.16%), Vitamin B3: 0.48mg (2.41%)