



## Honey-Lavender Ice Cream

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



342 kcal

DESSERT

### Ingredients

- 4 cups milk whole
- 1 tablespoon culinary lavender buds dried
- 6 egg yolk
- 1 cup sugar
- 0.3 cup honey

### Equipment

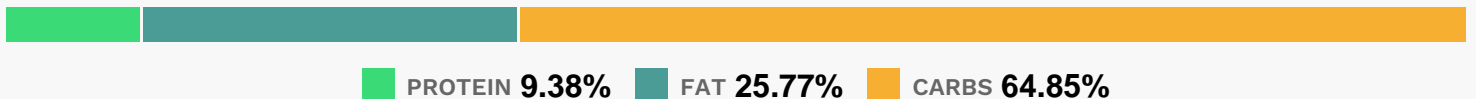
- bowl
- frying pan

- sauce pan
- sieve
- hand mixer

## Directions

- In 3-quart saucepan, heat milk and lavender over medium-high heat until bubbles begin to form around edge of pan (do not boil).
- Remove from heat; let stand at least 15 minutes.
- In large bowl, beat egg yolks and sugar with electric mixer on medium speed 3 to 4 minutes or until pale and creamy.
- Add honey; beat until blended.
- Strain milk through fine-mesh strainer to remove lavender; discard lavender. Stir milk into egg yolk mixture. Return to saucepan. Cook over medium-low heat until mixture thickens and coats back of spoon.
- Remove from heat; cool completely.
- Place saucepan in refrigerator until cold, about 2 hours.
- Pour mixture into ice-cream freezer and freeze according to manufacturer's directions.

## Nutrition Facts



## Properties

Glycemic Index:26.73, Glycemic Load:34.25, Inflammation Score:-3, Nutrition Score:8.8047826212385%

## Nutrients (% of daily need)

Calories: 342.37kcal (17.12%), Fat: 10.11g (15.55%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 57.24g (19.08%), Net Carbohydrates: 57.2g (20.8%), Sugar: 56.65g (62.95%), Cholesterol: 213.92mg (71.31%), Sodium: 71.54mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.56%), Phosphorus: 235.25mg (23.52%), Calcium: 230.26mg (23.03%), Vitamin B12: 1.23µg (20.49%), Vitamin B2: 0.33mg (19.59%), Selenium: 13.52µg (19.32%), Vitamin D: 2.76µg (18.41%), Vitamin B5: 1.16mg (11.58%), Vitamin A: 530.58IU (10.61%), Vitamin B6: 0.17mg (8.34%), Vitamin B1: 0.12mg (8.18%), Potassium: 274.08mg (7.83%), Zinc: 1.13mg (7.5%), Folate: 26.66µg (6.66%), Magnesium: 20.8mg (5.2%), Vitamin E: 0.55mg (3.64%), Iron: 0.64mg (3.54%), Manganese: 0.03mg (1.64%), Copper: 0.02mg (1.23%)