



Honey Lavender Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



2770 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons edible lavender flowers dried
- ☐ 2 large eggs
- ☐ 1 cup half-and-half
- ☐ 2 cups heavy cream
- ☐ 0.7 cup mild honey
- ☐ 0.1 teaspoon salt

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ Bring cream, half-and-half, honey, and lavender just to a boil in a 2-quart heavy saucepan over moderate heat, stirring occasionally, then remove pan from heat.
- ☐ Let steep, covered, 30 minutes.
- ☐ Pour cream mixture through a fine-mesh sieve into a bowl and discard lavender. Return mixture to cleaned saucepan and heat over moderate heat until hot.
- ☐ Whisk together eggs and salt in a large bowl, then add 1 cup hot cream mixture in a slow stream, whisking.
- ☐ Pour into remaining hot cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175°F on thermometer, about 5 minutes (do not let boil).
- ☐ Pour custard through sieve into cleaned bowl and cool completely, stirring occasionally. Chill, covered, until cold, at least 3 hours.
- ☐ Freeze custard in ice cream maker.
- ☐ Transfer ice cream to an airtight container and put in freezer to harden.
- ☐ • To cool custard quickly after straining, set bowl in a larger bowl of ice and cold water and stir until chilled. • Custard can chill up to 1 day before freezing. • Ice cream keeps 1 week.*Available at Penzeys (800-741-778
- ☐ and Kalustyan's (800-352-3451).

Nutrition Facts



■ PROTEIN 4.83% ■ FAT 65.63% ■ CARBS 29.54%

Properties

Glycemic Index:52.27, Glycemic Load:97.11, Inflammation Score:-10, Nutrition Score:35.537391289421%

Nutrients (% of daily need)

Calories: 2769.9kcal (138.49%), Fat: 209.2g (321.84%), Saturated Fat: 129.63g (810.21%), Carbohydrates: 211.84g (70.61%), Net Carbohydrates: 211.39g (76.87%), Sugar: 209.81g (233.12%), Cholesterol: 994.58mg (331.53%), Sodium: 719.34mg (31.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.35%), Vitamin A: 8969.68IU (179.39%), Vitamin B2: 1.93mg (113.5%), Selenium: 54.74µg (78.2%), Phosphorus: 727.51mg (72.75%), Calcium: 654.37mg (65.44%), Vitamin D: 9.62µg (64.11%), Vitamin E: 6.03mg (40.23%), Vitamin B5: 3.6mg (36%), Vitamin B12: 2.11µg (35.19%), Potassium: 1078.38mg (30.81%), Zinc: 3.87mg (25.83%), Vitamin B6: 0.51mg (25.59%), Folate: 95.27µg (23.82%), Magnesium: 81.15mg (20.29%), Iron: 3.51mg (19.48%), Vitamin K: 18.68µg (17.79%), Vitamin C: 14.44mg (17.51%), Vitamin B1: 0.22mg (14.68%), Copper: 0.23mg (11.39%), Manganese: 0.22mg (10.84%), Vitamin B3: 1.12mg (5.6%), Fiber: 0.45g (1.81%)