



Ice Cream Base



Vegetarian



Gluten Free

READY IN



645 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 8 egg yolks
- ☐ 3 cups half-and-half cream
- ☐ 1 cup heavy cream
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar white

Equipment

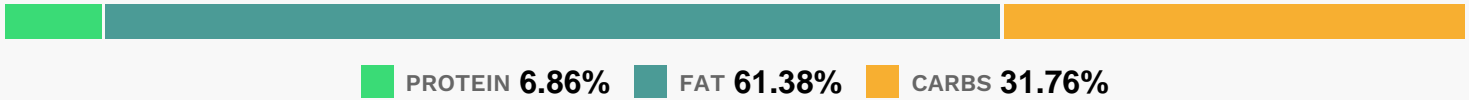
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Pour the heavy cream and half-and-half cream into a heavy saucepan, place over medium-low heat, and heat until barely simmering, stirring frequently. Turn the heat down to low.
- ☐ Whisk together the egg yolks, sugar, and salt in a large bowl until thoroughly combined.
- ☐ Slowly pour about 1/2 cup of hot cream mixture into the egg yolk mixture, whisking constantly. Repeat three times more, whisking thoroughly before adding each additional 1/2 cup of hot cream to the egg yolk mixture.
- ☐ Pour the egg yolk mixture back into the saucepan with the remaining hot cream, and whisk constantly over medium-low heat until the mixture thickens and will coat the back of a spoon, 5 to 8 minutes. Do not let mixture boil.
- ☐ Pour the ice cream base into a bowl and allow to cool for about 20 minutes; place in refrigerator and chill overnight. The next day, pour into an ice cream maker, and freeze according to the manufacturer's directions.
- ☐ Remove the ice cream, pack into a covered container, and freeze for 2 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-5, Nutrition Score:7.2200001789176%

Nutrients (% of daily need)

Calories: 374.24kcal (18.71%), Fat: 26.03g (40.04%), Saturated Fat: 14.94g (93.38%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 30.29g (11.02%), Sugar: 29.67g (32.96%), Cholesterol: 259.78mg (86.59%), Sodium: 108.62mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Vitamin A: 1018.14IU (20.36%), Selenium: 14.03µg (20.04%), Vitamin B2: 0.33mg (19.52%), Phosphorus: 173.67mg (17.37%), Calcium: 140.23mg (14.02%), Vitamin D: 1.45µg (9.65%), Vitamin B12: 0.57µg (9.52%), Vitamin B5: 0.88mg (8.76%), Folate: 30.19µg (7.55%), Vitamin E: 0.96mg (6.43%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.84mg (5.61%), Potassium: 168.18mg (4.81%), Vitamin B1: 0.06mg (4.32%), Iron: 0.58mg (3.22%), Magnesium: 12.06mg (3.01%), Vitamin K: 2.26µg (2.15%), Copper: 0.03mg (1.35%), Vitamin C: 1mg (1.21%)