



## Jeni Britton Bauer's Jasmine Green Tea Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



2347 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons plus light
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons cream cheese softened
- ☐ 2 cups cherries dried
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 1 cup sugar
- ☐ 2 cups sugar (recipe below)

- ☐ 0.3 cup freshly tea green
- ☐ 1 cup water
- ☐ 2 cups milk whole

## Equipment

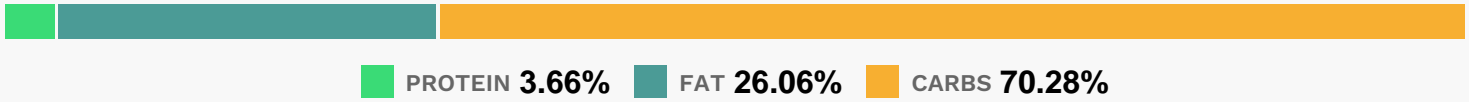
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

## Directions

- ☐ Put the cherries in a heatproof bowl.
- ☐ Combine the water and sugar in a small saucepan and bring to a boil, stirring to dissolve the sugar.
- ☐ Pour the syrup over the cherries and let cool to room temperature. Refrigerate until chilled (the cherries will keep for up to a month in the refrigerator).
- ☐ Mix about 2 tablespoons of the milk with the cornstarch in a small bowl to make a smooth slurry.
- ☐ Whisk the cream cheese in a medium bowl until smooth. Fill a large bowl with ice and water.
- ☐ Combine the remaining milk, the cream, sugar, and corn syrup in a 4-quart saucepan, bring to a rolling boil over medium-high heat, and boil for 4 minutes.
- ☐ Remove from the heat, add the tea, and let steep for 10 minutes.
- ☐ Strain the milk mixture through a fine sieve, pressing on the tea leaves to extract as much cream as possible. Return to the saucepan and gradually whisk in the cornstarch slurry. Bring back to a boil over medium-high heat and cook, stirring with a heatproof spatula, until slightly thickened, about 1 minute.
- ☐ Remove from the heat.
- ☐ Chill: Gradually whisk the hot milk mixture into the cream cheese until smooth.
- ☐ Pour the mixture into a 1-gallon Ziploc freezer bag and submerge the sealed bag in the ice bath.

- ☐
- Let stand, adding more ice as necessary, until cold, about 30 minutes.
- ☐
- Pour the ice cream base into the frozen canister and spin until thick and creamy.
- ☐
- Drain the cherries well.Pack the ice cream into a storage container, layering it with the cherries as you go. Press a sheet of parchment directly against the surface and seal with an airtight lid. Freeze in the coldest part of your freezer until firm, at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:112.09, Glycemic Load:217.3, Inflammation Score:-10, Nutrition Score:20.643912978794%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg

## Nutrients (% of daily need)

Calories: 2346.52kcal (117.33%), Fat: 69.99g (107.68%), Saturated Fat: 43.15g (269.66%), Carbohydrates: 424.67g (141.56%), Net Carbohydrates: 413.23g (150.26%), Sugar: 395.95g (439.94%), Cholesterol: 219.34mg (73.11%), Sodium: 244.37mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 22.13g (44.27%), Vitamin A: 7177.04IU (143.54%), Calcium: 537.97mg (53.8%), Fiber: 11.44g (45.77%), Vitamin B2: 0.73mg (42.8%), Phosphorus: 356.8mg (35.68%), Vitamin D: 5.06µg (33.76%), Vitamin B12: 1.6µg (26.72%), Selenium: 13.03µg (18.62%), Potassium: 553.28mg (15.81%), Vitamin B5: 1.42mg (14.17%), Iron: 2.31mg (12.84%), Vitamin B1: 0.18mg (12.29%), Vitamin E: 1.68mg (11.18%), Magnesium: 44.06mg (11.01%), Zinc: 1.61mg (10.75%), Vitamin B6: 0.21mg (10.65%), Vitamin K: 5.95µg (5.67%), Manganese: 0.09mg (4.62%), Copper: 0.07mg (3.38%), Folate: 9.38µg (2.35%), Vitamin B3: 0.37mg (1.86%), Vitamin C: 0.89mg (1.08%)