



Kumquat Lemongrass Ice Cream



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1529 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 6.5 ounces kumquats seeds removed washed and minced,
- ☐ 3 stalks lemon grass chopped
- ☐ 1 cup sugar divided
- ☐ 1 cup milk whole

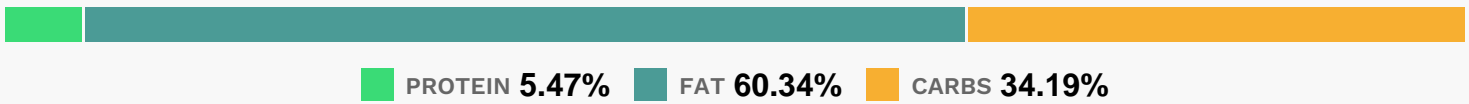
Equipment

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

Directions

- ☐ In a heavy medium saucepan, bring cream and milk to a simmer over medium heat. When dairy begins to bubble, add lemongrass, cover, shut off heat, and let steep for 2 hours.
- ☐ Pour through a fine-mesh strainer into a 1 quart liquid measure. Discard lemongrass.
- ☐ While dairy is steeping, toss minced kumquats with 1/2 cup sugar in a bowl until sugar begins to dissolve.
- ☐ Let sit on counter for 10 minutes, toss again, then refrigerate overnight.
- ☐ In another heavy medium saucepan, whisk egg yolks and remaining 1/2 cup sugar together until lighter in color and slightly thickened. Slowly pour in strained dairy, whisking constantly, about 1/4 cup at a time until half of dairy is integrated into eggs.
- ☐ Pour in remaining dairy and whisk to combine.
- ☐ Cook over medium heat, whisking frequently, until a custard forms on the back of a spoon and a finger swiped across the back leaves a clean line. Stir in salt to taste, then strain custard into an airtight container and chill overnight.
- ☐ The next day, churn ice cream according to manufacturer's instructions.
- ☐ Drain kumquats from syrup, reserving syrup for another use.
- ☐ Transfer ice cream to an airtight container and quickly fold in kumquats. Chill in freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:71.98, Inflammation Score:-10, Nutrition Score:33.473043503969%

Flavonoids

Naringenin: 52.88mg, Naringenin: 52.88mg, Naringenin: 52.88mg, Naringenin: 52.88mg Apigenin: 20.15mg, Apigenin: 20.15mg, Apigenin: 20.15mg, Apigenin: 20.15mg

Nutrients (% of daily need)

Calories: 1528.97kcal (76.45%), Fat: 105.35g (162.08%), Saturated Fat: 62.29g (389.3%), Carbohydrates: 134.34g (44.78%), Net Carbohydrates: 128.35g (46.67%), Sugar: 121.54g (135.05%), Cholesterol: 866.78mg (288.93%), Sodium: 729.47mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Vitamin A: 4743.46IU (94.87%), Manganese: 1.34mg (67.11%), Vitamin B2: 1.03mg (60.78%), Selenium: 40.46µg (57.8%), Vitamin D: 8.07µg (53.77%), Vitamin C: 42.46mg (51.47%), Phosphorus: 512.09mg (51.21%), Calcium: 449.91mg (44.99%), Vitamin B12: 2.09µg (34.88%), Folate: 120.9µg (30.22%), Vitamin B5: 2.88mg (28.79%), Vitamin E: 3.78mg (25.21%), Iron: 4.4mg (24.43%), Fiber: 5.99g (23.96%), Potassium: 804.13mg (22.98%), Zinc: 2.98mg (19.89%), Vitamin B6: 0.4mg (19.89%), Vitamin B1: 0.26mg (17.31%), Magnesium: 65.94mg (16.49%), Copper: 0.22mg (11.19%), Vitamin K: 8.36µg (7.96%), Vitamin B3: 0.94mg (4.68%)