



Lavender and Toasted Almond Ice Cream with Warm Figs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 3 egg yolks
- ☐ 12 figs ripe halved
- ☐ 0.5 cup honey divided
- ☐ 1 tablespoons lavender flowers dried
- ☐ 4 cups milk 2% reduced-fat
- ☐ 2 tablespoons ruby port

☐ 5 tablespoons sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Place sugar and lavender in a spice or coffee grinder, and process until ground. Discard any large pieces.
- ☐ Combine milk, 1/2 cup honey, and egg yolks in a heavy saucepan over medium heat. Cook until mixture is slightly thick and coats the back of a spoon (about 8 minutes), stirring constantly (do not boil).
- ☐ Remove from heat; add lavender powder, stirring until blended. Strain mixture through a sieve over a bowl; discard solids. Chill 2 hours.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Spoon ice cream into a freezer-safe container; stir in almonds. Cover and freeze 1 hour or until firm.
- ☐ Preheat oven to 35
- ☐ Coat a 13 x 9-inch baking dish with cooking spray.
- ☐ Drizzle remaining 2 tablespoons honey in bottom of dish.
- ☐ Place figs, cut-sides down, in prepared dish.
- ☐ Bake at 350 for 20 minutes or until figs are tender. Turn figs; add port to dish, and baste figs with honey mixture.
- ☐ Bake an additional 5 minutes. Spoon ice cream into bowls, and serve with figs and sauce.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:21.84, Inflammation Score:-4, Nutrition Score:8.6669565387394%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 262.31kcal (13.12%), Fat: 6.62g (10.19%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 44.14g (16.05%), Sugar: 43.6g (48.44%), Cholesterol: 82.34mg (27.45%), Sodium: 60.75mg (2.64%), Alcohol: 0.57g (100%), Alcohol %: 0.3% (100%), Protein: 6.57g (13.13%), Vitamin B2: 0.35mg (20.74%), Calcium: 194.35mg (19.43%), Phosphorus: 168.06mg (16.81%), Vitamin B12: 0.76µg (12.62%), Manganese: 0.24mg (12%), Potassium: 393.93mg (11.26%), Fiber: 2.78g (11.1%), Selenium: 7.3µg (10.42%), Magnesium: 38.89mg (9.72%), Vitamin E: 1.44mg (9.57%), Vitamin B5: 0.88mg (8.83%), Vitamin B6: 0.16mg (8.22%), Vitamin B1: 0.11mg (7.52%), Zinc: 1.02mg (6.82%), Vitamin A: 329.86IU (6.6%), Copper: 0.12mg (6.03%), Folate: 22.65µg (5.66%), Iron: 0.79mg (4.39%), Vitamin K: 3.81µg (3.63%), Vitamin B3: 0.61mg (3.03%), Vitamin C: 2.07mg (2.51%), Vitamin D: 0.36µg (2.43%)