



Leftover Panettone Ice Cream

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



1

CALORIES



2777 kcal

DESSERT

Ingredients

- 4 egg yolk
- 2.7 cup cup heavy whipping cream
- 0.3 teaspoon kosher salt to taste
- 0.3 cup sugar
- 1.3 cup milk whole

Equipment

- frying pan
- sauce pan

- oven
- whisk
- sieve
- wooden spoon
- spatula

Directions

- Heat oven to 250°F and arrange panettone chunks on a half-sheet pan in a single layer. Toast until chunks turn golden brown, 10 to 20 minutes. (Keep your eyes on them.)
- In a large saucepan over medium heat, bring cream and milk to a simmer. Stir in toasted panettone chunks, cover, and let steep for 1 hour.
- Pour bread and dairy mixture through a fine mesh strainer, pressing on bread with a wooden spoon or spatula to squeeze out as much liquid as possible. Measure out 2 cups of panettone-infused dairy and reserve the rest for another use.
- In a clean, heavy-bottomed saucepan, whisk egg yolks together with sugar until very well combined, pale yellow in color, and slightly thick. Slowly pour in panettone-infused dairy, whisking constantly, then bring saucepan over medium heat. Cook, stirring frequently, until a custard forms on the back of a spoon and a finger swiped across the back leaves a clean line, or until custard reaches 160°F.
- Pour custard through a fine mesh strainer into an airtight container and chill overnight (or until ice cream base falls to 40°F or below). The next day, churn according to manufacturer's instructions.
- Transfer ice cream to airtight container and chill in freezer for at least 4 to 5 hours before serving.

Nutrition Facts



PROTEIN 5.67% **FAT 82.24%** **CARBS 12.09%**

Properties

Glycemic Index:108.09, Glycemic Load:40.68, Inflammation Score:-10, Nutrition Score:43.006086598272%

Nutrients (% of daily need)

Calories: 2777.41kcal (138.87%), Fat: 258.77g (398.1%), Saturated Fat: 158.9g (993.13%), Carbohydrates: 85.6g (28.53%), Net Carbohydrates: 85.6g (31.13%), Sugar: 84.48g (93.87%), Cholesterol: 1533.81mg (511.27%), Sodium: 911.42mg (39.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.14g (80.29%), Vitamin A: 10894.88IU (217.9%), Vitamin B2: 2.03mg (119.52%), Vitamin D: 17.62µg (117.48%), Phosphorus: 977.49mg (97.75%), Selenium: 65.84µg (94.06%), Calcium: 912.78mg (91.28%), Vitamin B12: 4.18µg (69.6%), Vitamin E: 7.86mg (52.39%), Vitamin B5: 4.98mg (49.85%), Vitamin B6: 0.67mg (33.63%), Potassium: 1170.53mg (33.44%), Folate: 130.51µg (32.63%), Zinc: 4.52mg (30.13%), Vitamin B1: 0.44mg (29.06%), Magnesium: 87.08mg (21.77%), Vitamin K: 21.79µg (20.75%), Iron: 2.63mg (14.61%), Copper: 0.13mg (6.62%), Vitamin C: 3.81mg (4.62%), Vitamin B3: 0.77mg (3.83%), Manganese: 0.06mg (3.12%)