



Lemon Ginger Blackberry Swirl Ice Cream



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1658 kcal

DESSERT

Ingredients

- ☐ 18 ounces blackberries
- ☐ 6 egg yolk
- ☐ 3 tablespoons ginger minced
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 servings optional: lemon with a vegetable peeler
- ☐ 1.3 cup sugar divided
- ☐ 1 cup milk whole

Equipment

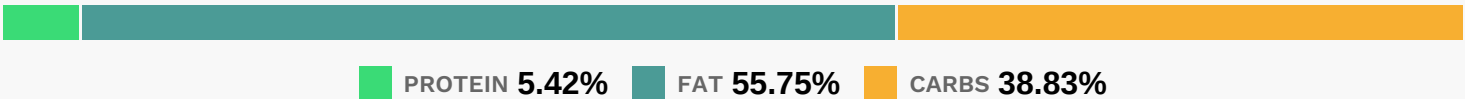
- ☐ food processor
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a heavy saucepan, bring cream and milk to a simmer. Stir in lemon peels and ginger, cover, and remove from heat.
- ☐ Let steep for 1 hour.
- ☐ Purée blackberries in a blender or food processor just until they break apart into a liquid and no large chunks remain (see note above). Slowly pour purée through a strainer and gently stir with a fork or whisk. Measure out 1 1/2 cups strained juice and discard blackberry pulp.
- ☐ In a heavy saucepan, bring strained blackberry juice to a simmer on medium heat and reduce to 1/2 cup, stirring frequently. Stir in 1/2 cup sugar and 1/4 teaspoon salt until dissolved.
- ☐ Transfer to a small container and chill in refrigerator.
- ☐ In a clean, heavy saucepan, whisk together 3/4 cups sugar with egg yolks until pale in color and thickened. When dairy finishes steeping, pour through a strainer into pot and whisk to combine with yolk-sugar mixture. Put saucepan on medium heat and cook, stirring frequently, until a custard forms on the back of a spoon, but a finger swiped across the back leaves a clean line.
- ☐ Add 1/2 teaspoon salt.
- ☐ Pour through a stainer into an airtight container and refrigerate overnight.
- ☐ The next day, churn in ice cream maker according to manufacturer's instructions. While ice cream is churning, remove blackberry syrup from freezer and stir to loosen.
- ☐ Transfer 1/3 of finished ice cream into an airtight container, then quickly spread on half of syrup. Repeat, and top off with last 1/3 of ice cream. Chill in freezer until firm, at least three

hours, preferably longer.

Nutrition Facts



Properties

Glycemic Index:86.8, Glycemic Load:92.54, Inflammation Score:-10, Nutrition Score:41.830000213955%

Flavonoids

Cyanidin: 255.02mg, Cyanidin: 255.02mg, Cyanidin: 255.02mg, Cyanidin: 255.02mg Pelargonidin: 1.15mg, Pelargonidin: 1.15mg, Pelargonidin: 1.15mg, Pelargonidin: 1.15mg Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg, Peonidin: 0.54mg Catechin: 94.56mg, Catechin: 94.56mg, Catechin: 94.56mg, Catechin: 94.56mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 11.89mg, Epicatechin: 11.89mg, Epicatechin: 11.89mg, Epicatechin: 11.89mg Epigallocatechin 3–gallate: 1.74mg, Epigallocatechin 3–gallate: 1.74mg, Epigallocatechin 3–gallate: 1.74mg, Epigallocatechin 3–gallate: 1.74mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg, Myricetin: 1.74mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 1657.67kcal (82.88%), Fat: 105.88g (162.9%), Saturated Fat: 62.23g (388.91%), Carbohydrates: 165.93g (55.31%), Net Carbohydrates: 152g (55.27%), Sugar: 150.67g (167.42%), Cholesterol: 866.78mg (288.93%), Sodium: 1013.9mg (44.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Vitamin A: 5022.47IU (100.45%), Manganese: 1.72mg (85.93%), Vitamin C: 59.24mg (71.81%), Selenium: 41.57µg (59.39%), Vitamin B2: 1mg (58.59%), Vitamin K: 58.89µg (56.09%), Fiber: 13.93g (55.71%), Vitamin D: 8.07µg (53.77%), Phosphorus: 532.68mg (53.27%), Calcium: 456.08mg (45.61%), Vitamin E: 6.67mg (44.45%), Folate: 154.07µg (38.52%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 3.42mg (34.15%), Potassium: 937.21mg (26.78%), Copper: 0.53mg (26.29%), Zinc: 3.72mg (24.8%), Magnesium: 90.13mg (22.53%), Vitamin B6: 0.45mg (22.28%), Iron: 3.47mg (19.27%), Vitamin B1: 0.27mg (17.83%), Vitamin B3: 2.03mg (10.14%)