



Lemon Ice Cream with Black-Currant Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1244 kcal

DESSERT

Ingredients

- ☐ 12 ounce blackcurrants
- ☐ 6 large egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest fresh finely grated
- ☐ 1 cup milk
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup sugar

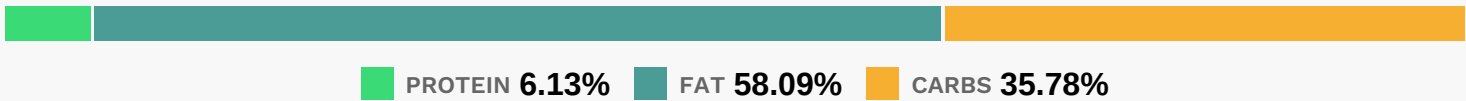
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Bring cream, milk, sugar, zest, and salt just to a boil in a 2-quart heavy saucepan, stirring occasionally. Lightly beat yolks in a large bowl, then add hot sweetened cream in a slow stream, whisking.
- ☐ Pour custard into saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until a candy or instant-read thermometer registers 170°F and custard coats back of spoon, about 10 minutes.
- ☐ Pour through a sieve into a clean bowl, then stir in juice. Cool custard, stirring occasionally, then chill until cold.
- ☐ Freeze custard in ice-cream maker.
- ☐ Transfer ice cream to an airtight container and put in freezer to harden.
- ☐ Blend together preserves and lemon juice in a food processor until smooth. Strain sauce and/or thin with water if desired.
- ☐ Serve ice cream with black-currant sauce.
- ☐ ·To cool custard quickly after straining, set bowl in a larger bowl of ice and cold water and stir until chilled.·Ice cream keeps 1 week. Black-currant sauce keeps, chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:54.52, Inflammation Score:-10, Nutrition Score:31.181304402973%

Flavonoids

Cyanidin: 106.24mg, Cyanidin: 106.24mg, Cyanidin: 106.24mg, Cyanidin: 106.24mg Petunidin: 6.58mg, Petunidin: 6.58mg, Petunidin: 6.58mg, Petunidin: 6.58mg Delphinidin: 152.44mg, Delphinidin: 152.44mg, Delphinidin: 152.44mg, Delphinidin: 152.44mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 10.51mg, Myricetin: 10.51mg, Myricetin: 10.51mg, Myricetin: 10.51mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 1244.15kcal (62.21%), Fat: 82.82g (127.42%), Saturated Fat: 48.26g (301.61%), Carbohydrates: 114.76g (38.25%), Net Carbohydrates: 114.11g (41.5%), Sugar: 86.59g (96.21%), Cholesterol: 767.15mg (255.71%), Sodium: 995.65mg (43.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.34%), Vitamin C: 318.62mg (386.21%), Vitamin A: 3951.53IU (79.03%), Phosphorus: 527.13mg (52.71%), Selenium: 36.73µg (52.47%), Vitamin B2: 0.88mg (51.65%), Vitamin D: 6.95µg (46.35%), Calcium: 436.84mg (43.68%), Vitamin B12: 1.94µg (32.31%), Vitamin E: 4.74mg (31.62%), Vitamin B5: 3.14mg (31.38%), Potassium: 972.31mg (27.78%), Iron: 4.29mg (23.82%), Manganese: 0.48mg (23.8%), Vitamin B6: 0.44mg (22.01%), Folate: 83.38µg (20.84%), Vitamin B1: 0.28mg (18.91%), Magnesium: 71.73mg (17.93%), Zinc: 2.59mg (17.25%), Copper: 0.22mg (10.93%), Vitamin K: 6.43µg (6.13%), Vitamin B3: 0.79mg (3.97%), Fiber: 0.65g (2.6%)