



Lemon Verbena Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



67 kcal

DESSERT

Ingredients

- 4 large egg yolks
- 2 cups lemon verbena leaves
- 1 cup sugar
- 2 cups whipping cream
- 2 cups milk whole

Equipment

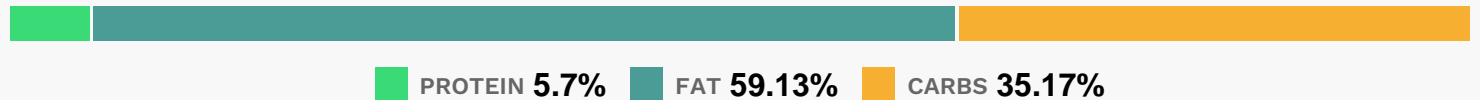
- bowl
- whisk

- pot
- ice cream machine

Directions

- Heat cream and milk together in a 4 qt. pot. When liquid boils, remove from heat, add verbena leaves, and cover. Steep about 2 hours to develop flavors.
- Strain liquid and return to pot; discard leaves.
- Heat liquid over high heat until it reaches a simmer.
- Whisk together yolks and sugar just as liquid reaches a simmer. Working in 1/2 cup increments, add hot liquid to yolk and sugar mixture until mixture is warm and the consistency of milk.
- Pour custard into pot and cook over high heat, stirring constantly, until slightly thickened, about 5 minutes. Do not let boil.
- Strain custard into a bowl and nestle in another bowl filled with ice water to chill, stirring occasionally, until cold to the touch.
- Churn custard in an ice cream maker according to manufacturers' instructions. Freeze in an airtight container until firm, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:3.45, Inflammation Score:-1, Nutrition Score:1.5078260943941%

Flavonoids

Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg Hesperetin: 2.63mg, Hesperetin: 2.63mg, Hesperetin: 2.63mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 67.18kcal (3.36%), Fat: 4.61g (7.09%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 5.9g (2.15%), Sugar: 5.51g (6.12%), Cholesterol: 29.57mg (9.86%), Sodium: 7.94mg (0.35%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 5.06mg (6.13%), Vitamin A: 196.92IU (3.94%), Vitamin B2: 0.05mg (2.68%), Calcium: 24.76mg (2.48%), Vitamin D: 0.37µg (2.47%), Phosphorus: 24.49mg (2.45%), Selenium: 1.43µg (2.05%), Vitamin B12: 0.1µg (1.75%), Vitamin B5: 0.13mg (1.31%), Potassium: 41.05mg (1.17%), Vitamin B6: 0.02mg (1.16%), Fiber: 0.26g (1.06%), Vitamin E: 0.16mg (1.04%)