



Lemon Verbena Ice Cream

 Vegetarian  Gluten Free

READY IN



73 min.

SERVINGS



8

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 3 large egg yolk
- ☐ 1.5 cups half and half
- ☐ 0.8 cup optional: lemon
- ☐ 0.5 cup sugar
- ☐ 2.5 cups milk whole

Equipment

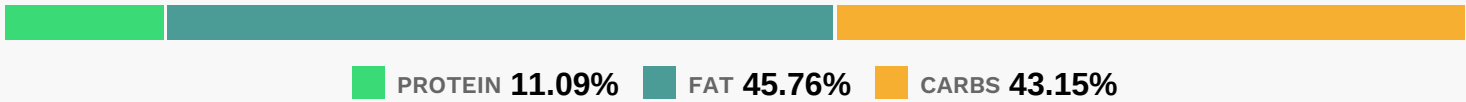
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ kitchen thermometer

Directions

- ☐ Combine milk, half-and-half, lemon verbena, and sugar in a medium, heavy saucepan over medium-high heat.
- ☐ Heat milk mixture to 180 or until tiny bubbles form around edge of pan (do not boil).
- ☐ Remove from heat; let stand 2 minutes. Strain through fine sieve over bowl; discard solids.
- ☐ Place egg yolks in a large bowl; stir with a whisk. Gradually add half of hot milk mixture to yolks, stirring constantly with a whisk.
- ☐ Pour yolk mixture and remaining milk mixture into pan. Cook custard over medium heat 5 minutes or until thermometer registers 160, stirring constantly.
- ☐ Remove from heat; cool to room temperature.
- ☐ Pour custard into freezer can of an electric ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:10.41, Inflammation Score:-3, Nutrition Score:5.9321739207143%

Flavonoids

Eriodictyol: 4.25mg, Eriodictyol: 4.25mg, Eriodictyol: 4.25mg, Eriodictyol: 4.25mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 179.61kcal (8.98%), Fat: 9.45g (14.53%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.49g (7.09%), Sugar: 18.55g (20.61%), Cholesterol: 93.88mg (31.29%), Sodium: 60.24mg

(2.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Calcium: 155.85mg (15.59%), Phosphorus: 148.16mg (14.82%), Vitamin B2: 0.23mg (13.72%), Vitamin C: 10.94mg (13.26%), Vitamin B12: 0.62µg (10.37%), Selenium: 6.63µg (9.46%), Vitamin D: 1.18µg (7.89%), Vitamin A: 380.45IU (7.61%), Vitamin B5: 0.64mg (6.44%), Potassium: 208.9mg (5.97%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.65mg (4.33%), Magnesium: 15.6mg (3.9%), Folate: 12.85µg (3.21%), Vitamin E: 0.35mg (2.31%), Fiber: 0.56g (2.23%), Iron: 0.32mg (1.79%)