Litchi Five-Spice Ice Cream

Vegetarian   Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	1040 kcal

DESSERT

Ingredients

- [ ] 0.3 teaspoon five spice powder
- [ ] 1 tablespoon cornstarch
- [ ] 3 large eggs
- [ ] 1.5 cups cup heavy whipping cream chilled
- [ ] 2.5 cups milk
- [ ] 1.8 cups karo syrup whole chilled pitted drained (two 15-ounce cans)
- [ ] 1 cup sugar

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] whisk
- [ ] blender

Directions

- [ ] In a heatproof bowl whisk together sugar, cornstarch, eggs, five-spice powder, and a pinch salt until combined well. In a heavy saucepan heat milk just to a boil and add in a slow stream to egg mixture, whisking.

- [ ] Transfer custard to pan and bring to a boil over moderate heat, whisking constantly. Boil custard gently, whisking, 1 minute.

- [ ] Remove pan from heat and cool custard, stirring occasionally. Chill custard, covered. until cold, about 3 hours.

- [ ] In a blender purée litchis with 1/2 cup cream and stir into custard with remaining cup cream. Freeze custard in an ice-cream maker. Ice cream may be made 1 week ahead.

Nutrition Facts

■ PROTEIN **5.67%**   ■ FAT **32.89%**   ■ CARBS **61.44%**

Properties

Glycemic Index:28.27, Glycemic Load:37.62, Inflammation Score:-7, Nutrition Score:12.669130409541%

Nutrients (% of daily need)

Calories: 1040.41kcal (52.02%), Fat: 40.87g (62.87%), Saturated Fat: 24.54g (153.37%), Carbohydrates: 171.79g (57.26%), Net Carbohydrates: 171.74g (62.45%), Sugar: 148.78g (165.31%), Cholesterol: 258.65mg (86.22%), Sodium: 241.94mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Calcium: 369.1mg (36.91%), Vitamin A: 1762.3IU (35.25%), Vitamin B2: 0.56mg (32.93%), Phosphorus: 281.4mg (28.14%), Vitamin D: 3.86µg (25.7%), Selenium: 17.46µg (24.94%), Vitamin B12: 1.3µg (21.67%), Vitamin B5: 1.37mg (13.73%), Potassium: 369.95mg (10.57%), Vitamin B6: 0.19mg (9.48%), Zinc: 1.34mg (8.95%), Vitamin E: 1.29mg (8.61%), Vitamin B1: 0.12mg (7.94%), Magnesium: 29.53mg (7.38%), Folate: 21.22µg (5.3%), Iron: 0.87mg (4.85%), Vitamin K: 3.43µg (3.26%), Copper: 0.05mg (2.26%), Manganese: 0.03mg (1.32%), Vitamin B3: 0.25mg (1.27%)