



## Lucky Charms® Ice Cream

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



309 kcal

DESSERT

### Ingredients

- 1 cup lucky cereal
- 6 egg yolk
- 1 cup sugar
- 1 teaspoon vanilla pure
- 4 cups milk whole

### Equipment

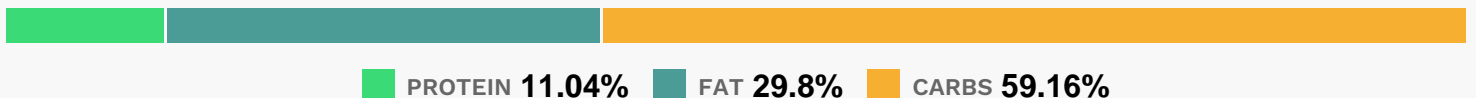
- food processor
- bowl

- frying pan
- sauce pan
- whisk
- hand mixer
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Remove marshmallows from cereal; reserve for garnish.
- Place cereal in resealable food-storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor). Set aside.
- In large bowl, beat egg yolks and sugar with electric mixer on medium speed 3 to 4 minutes or until pale and creamy. Beat in vanilla. Set aside.
- In 3-quart saucepan, heat milk over medium-high heat until bubbles begin to form around edge of pan (do not boil).
- Add crushed cereal; stir with whisk until combined.
- Remove from heat.
- Add 1/4 cup of the warm milk mixture to egg mixture; stir with whisk until combined. Repeat twice.
- Transfer egg mixture to saucepan. Cook over medium-low heat until mixture thickens and coats back of spoon.
- Remove from heat; cool completely.
- Place saucepan in refrigerator until cold, about 2 hours.
- Pour mixture into ice-cream freezer and freeze according to manufacturer's directions.
- Scoop ice cream into serving bowls; garnish with reserved marshmallows.

## Nutrition Facts



## Properties

Glycemic Index:18.02, Glycemic Load:26.16, Inflammation Score:-5, Nutrition Score:12.298260919426%

## Nutrients (% of daily need)

Calories: 308.61kcal (15.43%), Fat: 10.38g (15.97%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 46.08g (16.76%), Sugar: 43.44g (48.27%), Cholesterol: 213.92mg (71.31%), Sodium: 109.73mg (4.77%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 8.66g (17.32%), Vitamin B12: 1.64µg (27.29%), Vitamin B2: 0.43mg (25.28%), Phosphorus: 251.87mg (25.19%), Calcium: 249.75mg (24.97%), Selenium: 14.25µg (20.35%), Vitamin D: 3µg (19.97%), Folate: 70.74µg (17.69%), Vitamin B6: 0.34mg (17.15%), Vitamin B1: 0.23mg (15.15%), Zinc: 2.2mg (14.67%), Vitamin A: 692.46IU (13.85%), Vitamin B5: 1.17mg (11.72%), Iron: 1.85mg (10.26%), Vitamin B3: 1.7mg (8.48%), Potassium: 278.59mg (7.96%), Manganese: 0.15mg (7.48%), Magnesium: 24.94mg (6.24%), Vitamin E: 0.57mg (3.82%), Vitamin C: 1.6mg (1.93%), Copper: 0.03mg (1.55%), Fiber: 0.3g (1.2%)