



Malted Caramel Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



1239 kcal

DESSERT

Ingredients

- 2 servings caramel powder
- 2 large eggs
- 3 cups half-and-half light (cream)
- 6 tablespoons liquid malt extract
- 2 teaspoons vanilla

Equipment

- bowl
- frying pan

- whisk
- sieve
- spatula
- ice cream machine

Directions

- In a 2- to 3-quart pan, combine caramel powder, malted milk powder, and half-and-half. Stir over high heat until bubbles form at pan edge (scalding, about 180), 5 to 8 minutes.
- In a small bowl, whisk eggs to blend. Then whisk about 1/2 cup of the hot cream mixture into eggs. Return egg mixture to pan and stir over medium-low heat with a flexible spatula-scraper, scraping pan bottom and sides thoroughly for even cooking, until custard thickly coats a metal spoon (about 190), 8 to 10 minutes.
- Add vanilla to custard.
- At once, nest pan in ice water and stir custard often until mixture is cold, 10 to 15 minutes.
- Pour cold custard through a fine strainer into a bowl, then pour mixture into an ice cream maker (1-qt. or larger capacity), or strain directly into the maker; discard residue. Freeze according to manufacturer's directions until mixture is firm enough to scoop, dasher is hard to turn, or machine stops.
- Serve softly frozen, or freeze airtight (see below).
- To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts

 **PROTEIN 5.4%**  **FAT 84.73%**  **CARBS 9.87%**

Properties

Glycemic Index:32.5, Glycemic Load:5.01, Inflammation Score:-9, Nutrition Score:18.654782629855%

Nutrients (% of daily need)

Calories: 1238.66kcal (61.93%), Fat: 117.95g (181.46%), Saturated Fat: 71.92g (449.51%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 30.91g (11.24%), Sugar: 15.49g (17.21%), Cholesterol: 588.59mg (196.2%), Sodium: 284.58mg (12.37%), Alcohol: 1.38g (100%), Alcohol %: 0.4% (100%), Protein: 16.9g (33.8%), Vitamin A: 3942.76IU (78.86%), Vitamin B2: 0.86mg (50.46%), Phosphorus: 388.39mg (38.84%), Calcium: 338.77mg (33.88%), Selenium: 20.03µg (28.61%), Vitamin E: 3.79mg (25.23%), Vitamin B12: 1.32µg (22.07%), Vitamin D: 3.15µg (21.01%), Vitamin B5: 1.86mg (18.61%), Potassium: 569.13mg (16.26%), Vitamin B1: 0.2mg (13.34%), Vitamin B6: 0.26mg (12.98%), Magnesium: 48.62mg (12.15%), Zinc: 1.75mg (11.69%), Folate: 45.83µg (11.46%), Vitamin K: 10.9µg (10.38%), Iron: 1.12mg (6.2%), Vitamin B3: 1.09mg (5.43%), Copper: 0.1mg (4.94%), Manganese: 0.07mg (3.35%), Vitamin C: 2.67mg (3.24%)