



Malted Milk Toffee Crunch Ice Cream

READY IN



50 min.

SERVINGS



2

CALORIES



1816 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 3 cups half and half
- ☐ 0.5 teaspoon kosher salt to taste
- ☐ 1.5 cups liquid malt extract (recommended: Ovaltine; see note above)
- ☐ 0.8 cup sugar
- ☐ 6 ounces toffee candies homemade chopped

Equipment

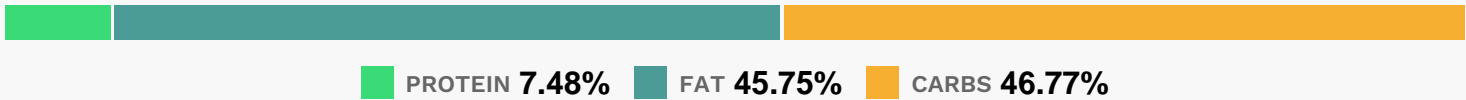
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ In a large, heavy saucepan, whisk egg yolks, malted milk powder, sugar, and two tablespoons half and half into a smooth paste.
- ☐ Slowly pour in remaining half and half, whisking until yolk mixture is incorporated. Cook over medium heat, whisking frequently, until a custard forms against the back of a spoon and a swiped finger leaves a clean line, 5 to 7 minutes.
- ☐ Add salt to taste.
- ☐ Pour custard through a strainer into an airtight container and chill at least 8 hours. Churn in ice cream maker according to manufacturer's instructions. Return to container, quickly stir in toffee chunks, and chill in freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:60.55, Glycemic Load:80.43, Inflammation Score:-9, Nutrition Score:36.25478263005%

Nutrients (% of daily need)

Calories: 1815.68kcal (90.78%), Fat: 93.07g (143.19%), Saturated Fat: 52.63g (328.94%), Carbohydrates: 214.05g (71.35%), Net Carbohydrates: 213.96g (77.8%), Sugar: 188.77g (209.74%), Cholesterol: 821.2mg (273.73%), Sodium: 1323.97mg (57.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.51%), Vitamin B2: 1.92mg (113.17%), Phosphorus: 918.29mg (91.83%), Selenium: 58.36µg (83.38%), Calcium: 767.47mg (76.75%), Vitamin A: 3253.46IU (65.07%), Vitamin B1: 0.68mg (45.61%), Vitamin B12: 2.59µg (43.1%), Vitamin B6: 0.76mg (38.13%), Potassium: 1293.64mg (36.96%), Folate: 134.56µg (33.64%), Vitamin B5: 3.36mg (33.63%), Magnesium: 129.6mg (32.4%), Vitamin B3: 5.35mg (26.76%), Zinc: 3.7mg (24.65%), Vitamin E: 3.44mg (22.92%), Vitamin D: 2.92µg (19.44%), Copper: 0.27mg (13.5%), Iron: 2.38mg (13.22%), Manganese: 0.26mg (13.09%), Vitamin K: 12.54µg (11.94%), Vitamin C: 6.16mg (7.46%)