



Maple-Bacon Crunch Ice Cream

 Gluten Free

READY IN



160 min.

SERVINGS



2

CALORIES



2069 kcal

Ingredients

- ☐ 3 strips bacon smoked
- ☐ 0.5 teaspoon baking soda
- ☐ 0.1 teaspoon a pinch of cayenne pepper
- ☐ 3 large egg yolks
- ☐ 2 cups heavy cream
- ☐ 1 cup maple syrup
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

- ☐ 1 tablespoon butter unsalted plus more for the baking sheet
- ☐ 1 cup milk whole

Equipment

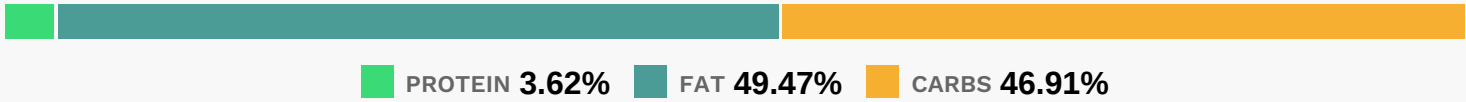
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine
- ☐ meat tenderizer

Directions

- ☐ Whisk the egg yolks, sugar and salt in a bowl until pale yellow.
- ☐ Transfer to a saucepan and whisk in the milk. Cook over medium heat, stirring, until almost simmering (the mixture should be thick enough to coat a spoon). Stir in the maple syrup.
- ☐ Transfer to a bowl and refrigerate until cold, about 30 minutes.
- ☐ Make the bacon brittle: Butter a rimmed baking sheet. Cook the bacon in a medium skillet over medium heat until crisp, about 5 minutes per side; transfer to paper towels to drain.
- ☐ Let the bacon cool, then very finely chop.
- ☐ Cook the sugar in a saucepan over medium-high heat, stirring constantly, until it melts and turns golden, about 4 minutes. (If lumps form, remove from the heat and continue stirring until melted.) Continue to cook, stirring, until light amber, about 2 more minutes.
- ☐ Remove from the heat and immediately stir in the butter. Carefully stir in the baking soda, then the bacon and chile powder.
- ☐ Pour onto the prepared baking sheet and let cool until set, about 15 minutes. Break into bite-size pieces, then smash about one-third of the brittle into shards with a meat mallet or heavy skillet. Reserve the remaining brittle in a container for up to 3 days.
- ☐ Stir the cream into the chilled custard. Churn in an ice cream maker. Stir in the bacon brittle shards.

- ☐
- Transfer to an airtight container and freeze until firm, at least 2 hours.
- ☐
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:107.34, Glycemic Load:129.02, Inflammation Score:-9, Nutrition Score:29.730434691129%

Nutrients (% of daily need)

Calories: 2069.27kcal (103.46%), Fat: 115.77g (178.1%), Saturated Fat: 67.43g (421.45%), Carbohydrates: 247g (82.33%), Net Carbohydrates: 246.91g (89.78%), Sugar: 234.31g (260.35%), Cholesterol: 595.81mg (198.6%), Sodium: 651.07mg (28.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Manganese: 3.73mg (186.66%), Vitamin B2: 2.85mg (167.53%), Vitamin A: 4251.09IU (85.02%), Calcium: 520.12mg (52.01%), Vitamin D: 6.76µg (45.09%), Selenium: 31.19µg (44.56%), Phosphorus: 409.91mg (40.99%), Vitamin B12: 1.71µg (28.56%), Potassium: 868.67mg (24.82%), Vitamin B1: 0.36mg (23.9%), Vitamin E: 3.21mg (21.42%), Zinc: 3.19mg (21.29%), Vitamin B5: 2.02mg (20.15%), Magnesium: 70.49mg (17.62%), Vitamin B6: 0.34mg (16.75%), Folate: 46.96µg (11.74%), Vitamin B3: 1.75mg (8.74%), Vitamin K: 8.65µg (8.24%), Iron: 1.31mg (7.28%), Copper: 0.07mg (3.54%), Vitamin C: 1.43mg (1.73%)