

Maple Ice Cream

 Vegetarian  Gluten Free

READY IN



780 min.

SERVINGS



4

CALORIES



581 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 1.8 cups cup heavy whipping cream
- 0.7 cup maple syrup
- 0.3 teaspoon salt fine
- 0.8 cup milk whole

Equipment

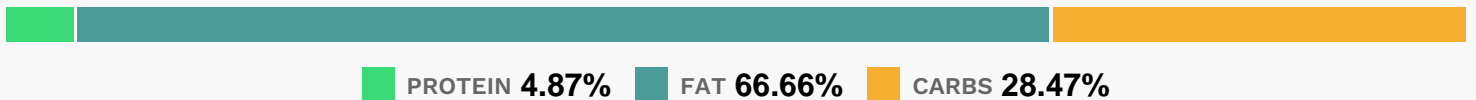
- bowl
- sauce pan

- whisk
- sieve
- ice cream machine

Directions

- Prepare an ice water bath by filling a large bowl halfway with ice and water.
- Heat the maple syrup in a small saucepan over medium heat, simmering until it's reduced by a quarter, about 5 minutes. Set aside.
- Heat the cream and milk in a medium saucepan over medium heat until just simmering, about 5 minutes. Meanwhile, whisk the yolks in a medium heatproof bowl until light in color and thickened slightly, about 2 minutes. Once the milk mixture is simmering, remove from heat and pour about 1/2 cup into the yolks, whisking constantly. Return the yolk mixture to the saucepan with the remaining milk mixture and place over medium-low heat. Cook, stirring constantly, until the custard is thick and coats the back of a spoon, about 3 minutes. (When you run your finger through the custard, a line should hold and not run back into itself.)
- Remove the custard from heat and stir in the maple syrup reduction and salt.
- Pour the custard through a fine-mesh strainer into a large heatproof bowl and place over the ice bath until chilled, about 40 minutes. Cover and refrigerate overnight. Once the ice cream base is chilled, freeze it in an ice cream maker according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:14.01, Inflammation Score:-7, Nutrition Score:14.028260700081%

Nutrients (% of daily need)

Calories: 581.11kcal (29.06%), Fat: 43.56g (67.01%), Saturated Fat: 26.42g (165.15%), Carbohydrates: 41.86g (13.95%), Net Carbohydrates: 41.86g (15.22%), Sugar: 37.49g (41.66%), Cholesterol: 306.75mg (102.25%), Sodium: 203.83mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Manganese: 1.25mg (62.35%), Vitamin B2: 1.03mg (60.6%), Vitamin A: 1849.89IU (37%), Vitamin D: 3.09µg (20.58%), Calcium: 205.51mg (20.55%), Selenium: 13.51µg (19.3%), Phosphorus: 172.9mg (17.29%), Vitamin B12: 0.75µg (12.42%), Vitamin E: 1.42mg (9.46%), Vitamin B5: 0.94mg (9.44%), Potassium: 306.85mg (8.77%), Zinc: 1.2mg (8.03%), Vitamin B1: 0.11mg (7.45%), Folate: 28.99µg (7.25%), Magnesium: 24.9mg (6.23%), Vitamin B6: 0.12mg (6.19%), Iron: 0.63mg (3.49%),

Vitamin K: 3.59µg (3.42%), Copper: 0.03mg (1.26%)