



## Maple Walnut Buttercrunch Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



265 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons plus light
- ☐ 3 large egg yolks
- ☐ 0.7 cup half-and-half
- ☐ 3.5 cups milk 2% reduced-fat
- ☐ 1.3 cups maple syrup
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.3 cup walnuts chopped
- ☐ 1 tablespoon water

## Equipment

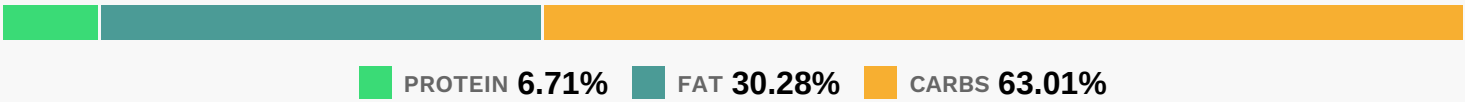
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ To prepare ice cream, combine milk and half-and-half in a medium, heavy saucepan, and bring to a boil.
- ☐ Remove from heat.
- ☐ Combine maple syrup and egg yolks, stirring well with a whisk. Gradually add half of the hot milk mixture to yolk mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium-low heat for 2 minutes or until a thermometer registers 160, stirring constantly.
- ☐ Place pan in a large ice-filled bowl. Cool completely, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ To prepare buttercrunch, line a baking sheet with foil; coat foil with cooking spray.
- ☐ Combine sugar, corn syrup, and 1 tablespoon water in a small saucepan over medium-high heat; bring to a boil, stirring occasionally until sugar dissolves. Cook about 8 minutes or until golden (do not stir).
- ☐ Remove from heat. Stir in walnuts, butter, and salt. Quickly spread buttercrunch in a thin layer on prepared baking sheet. Cool completely. Break buttercrunch into pieces.
- ☐ Place buttercrunch pieces in a food processor; pulse 4 times or until coarsely ground. Spoon ice cream into a freezer-safe container; stir in buttercrunch. Cover and freeze 1 hour or until

firm.

## Nutrition Facts



### Properties

Glycemic Index:19.56, Glycemic Load:15.24, Inflammation Score:-2, Nutrition Score:8.5330434765505%

### Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

### Nutrients (% of daily need)

Calories: 264.86kcal (13.24%), Fat: 9.05g (13.92%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 42.19g (15.34%), Sugar: 39.1g (43.45%), Cholesterol: 73.35mg (24.45%), Sodium: 104.73mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Manganese: 1.04mg (52.02%), Vitamin B2: 0.73mg (42.87%), Calcium: 171.07mg (17.11%), Phosphorus: 122mg (12.2%), Vitamin B12: 0.57µg (9.54%), Selenium: 5.68µg (8.11%), Potassium: 246.81mg (7.05%), Zinc: 0.97mg (6.48%), Magnesium: 24.14mg (6.04%), Vitamin A: 285.46IU (5.71%), Vitamin B1: 0.09mg (5.69%), Vitamin B5: 0.51mg (5.13%), Folate: 15.01µg (3.75%), Vitamin B6: 0.07mg (3.65%), Copper: 0.06mg (2.88%), Vitamin E: 0.28mg (1.88%), Vitamin D: 0.28µg (1.84%), Iron: 0.3mg (1.65%)