



Marmalade Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 8 large egg yolk
- ☐ 3 cups cup heavy whipping cream
- ☐ 0.5 cup orange marmalade prepared
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod split
- ☐ 1 cup milk whole

Equipment

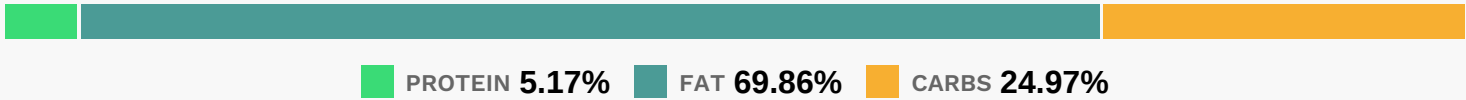
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine cream, milk, and sugar in a mediumsaucepan. Scrape in seeds from vanilla bean;add bean. Bring to a simmer over medium–highheat, stirring to dissolve sugar.
- ☐ Remove pan from heat; cover and letstand for 30 minutes to let flavors meld.
- ☐ Whisk egg yolks in a medium bowl to blend.Gradually add cream mixture, whiskingconstantly. Return mixture to saucepan andcook over medium heat, stirring constantly,until thickened, 5–7 minutes.
- ☐ Strain custard through a fine–mesh sieveinto a large bowl set in a bowl of ice water.
- ☐ Let cool completely, stirring occasionally.
- ☐ Freeze custard in an ice cream makeraccording to manufacturer's instructions.Fold in marmalade and transfer to an airtightcontainer. Cover and freeze. DO AHEAD:Marmalade ice cream can be made 2 daysahead. Keep frozen.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:9.27, Inflammation Score:-7, Nutrition Score:7.9991303993308%

Nutrients (% of daily need)

Calories: 475.28kcal (23.76%), Fat: 37.83g (58.21%), Saturated Fat: 22.72g (141.99%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 30.3g (11.02%), Sugar: 28.64g (31.83%), Cholesterol: 288.11mg (96.04%), Sodium: 55.17mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin A: 1618.93IU (32.38%), Selenium: 12.97µg (18.53%), Vitamin B2: 0.31mg (18.06%), Vitamin D: 2.68µg (17.88%), Phosphorus: 149.67mg (14.97%), Calcium: 126.07mg (12.61%), Vitamin B12: 0.64µg (10.65%), Vitamin E: 1.29mg (8.58%), Vitamin B5: 0.85mg (8.53%), Folate: 30.19µg (7.55%), Vitamin B6: 0.11mg (5.66%), Zinc: 0.74mg (4.93%), Potassium: 156.72mg (4.48%), Vitamin B1: 0.07mg (4.39%), Iron: 0.59mg (3.28%), Vitamin K: 3.07µg (2.92%), Magnesium: 11.16mg (2.79%), Copper: 0.04mg (2.1%), Vitamin C: 1.5mg (1.81%)