



## Mascarpone & marmalade ice cream



Vegetarian



Gluten Free

READY IN



420 min.

SERVINGS



6

CALORIES



337 kcal

DESSERT

### Ingredients

- ☐ 3 large egg yolk
- ☐ 100 g brown sugar
- ☐ 300 ml milk
- ☐ 250 g mascarpone cheese
- ☐ 0.5 vanilla pod
- ☐ 1 orange zest
- ☐ 3 tbsp orange marmalade

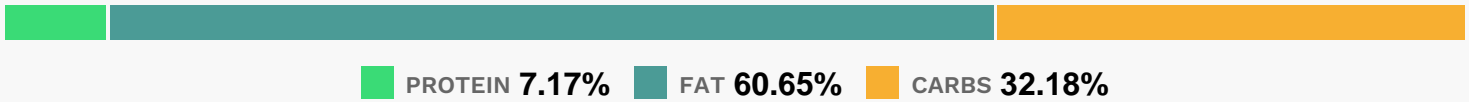
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ skewers

## Directions

- ☐ Put the yolks and sugar into a large bowl, then use an electric whisk to beat together until pale and thick.
- ☐ Meanwhile, put the milk, mascarpone, vanilla and orange zest into a medium saucepan and bring to the boil, whisking to blend the mascarpone into the milk. Once just boiling, take off the heat and whisk this gradually into the egg mix to make a custard.
- ☐ Clean out the pan, then tip the custard into it. Cook gently for 15 mins, stirring all the time, until the mix is thick enough to coat the back of a wooden spoon. Dont let it boil or the eggs will scramble. Sieve into a bowl and leave to cool.
- ☐ Churn in an ice-cream machine until thick and smooth, then tip into a plastic container. Spoon over the marmalade, then use a skewer to ripple the marmalade through. Cover and freeze for at least 6 hrs until set. If you dont have an ice-cream machine, freeze the custard for 4 hrs in a container, stirring and breaking up the crystals every hour until thick and smooth. Swirl in the marmalade, then freeze solid.

## Nutrition Facts



## Properties

Glycemic Index:6.33, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:4.5765217523212%

## Nutrients (% of daily need)

Calories: 336.66kcal (16.83%), Fat: 22.72g (34.95%), Saturated Fat: 13.44g (83.99%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 26.85g (9.76%), Sugar: 24.69g (27.44%), Cholesterol: 139.65mg (46.55%), Sodium: 56.92mg (2.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin A: 804.04IU

(16.08%), Calcium: 153.58mg (15.36%), Phosphorus: 86.72mg (8.67%), Selenium: 6.02µg (8.6%), Vitamin B12: 0.44µg (7.4%), Vitamin B2: 0.12mg (7.08%), Vitamin D: 1.03µg (6.84%), Vitamin B5: 0.48mg (4.8%), Vitamin C: 3.2mg (3.88%), Vitamin B6: 0.07mg (3.67%), Folate: 14.08µg (3.52%), Potassium: 116.72mg (3.33%), Vitamin B1: 0.05mg (3.12%), Zinc: 0.42mg (2.81%), Magnesium: 8.75mg (2.19%), Iron: 0.38mg (2.12%), Vitamin E: 0.26mg (1.71%), Copper: 0.03mg (1.29%), Fiber: 0.28g (1.13%)