



Milk Tea Sherbet

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



2

CALORIES



992 kcal

DESSERT

Ingredients

- 6 tablespoons tea black (12 teabags)
- 1 cup plus light (clear)
- 2 cups half and half cold
- 0.3 teaspoon kosher salt to taste
- 0.5 cup sugar
- 1 cup water filtered

Equipment

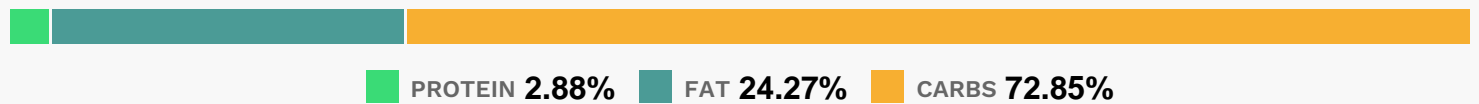
- sauce pan

- sieve
- ice cream machine

Directions

- Combine corn syrup and water in a heavy saucepan and bring to a boil. Stir in tea leaves, cover, and steep until syrup is dark, flavorful, and slightly bitter, about 10 minutes.
- Slowly pour tea syrup through a very fine mesh strainer (such as a tea strainer) into an airtight container. Stir in sugar to dissolve, then half and half and salt to taste. Milk tea should taste strong, and both sweeter and saltier than you would drink on its own. Chill in refrigerator until very cold, 1 to 2 hours.
- Churn in ice cream maker according to manufacturer's instructions, then transfer to airtight container and chill in freezer until firm, at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:59.78, Inflammation Score:-6, Nutrition Score:8.381304440291%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg, Epigallocatechin: 3.57mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epicatechin 3-gallate: 2.6mg, Epicatechin 3-gallate: 2.6mg, Epicatechin 3-gallate: 2.6mg, Epicatechin 3-gallate: 2.6mg Epigallocatechin 3-gallate: 4.15mg, Epigallocatechin 3-gallate: 4.15mg, Epigallocatechin 3-gallate: 4.15mg, Epigallocatechin 3-gallate: 4.15mg Theaflavin: 0.7mg, Theaflavin: 0.7mg, Theaflavin: 0.7mg, Theaflavin: 0.7mg Thearubigins: 36.06mg, Thearubigins: 36.06mg, Thearubigins: 36.06mg, Thearubigins: 36.06mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Theaflavin-3,3'-digallate: 0.78mg, Theaflavin-3,3'-digallate: 0.78mg, Theaflavin-3,3'-digallate: 0.78mg, Theaflavin-3,3'-digallate: 0.78mg Theaflavin-3'-gallate: 0.67mg, Theaflavin-3'-gallate: 0.67mg, Theaflavin-3'-gallate: 0.67mg, Theaflavin-3'-gallate: 0.67mg Gallocatechin: 0.55mg, Gallocatechin: 0.55mg, Gallocatechin: 0.55mg, Gallocatechin: 0.55mg

Nutrients (% of daily need)

Calories: 992.48kcal (49.62%), Fat: 28.33g (43.59%), Saturated Fat: 17.01g (106.33%), Carbohydrates: 191.28g (63.76%), Net Carbohydrates: 191.28g (69.56%), Sugar: 190.84g (212.04%), Cholesterol: 84.7mg (28.23%), Sodium:

551.76mg (23.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.87mg (2.96%), Protein: 7.57g (15.15%), Vitamin B2: 0.49mg (28.54%), Calcium: 285.33mg (28.53%), Phosphorus: 230.34mg (23.03%), Vitamin A: 856.68IU (17.13%), Selenium: 9.24µg (13.2%), Vitamin B1: 0.17mg (11.55%), Zinc: 1.72mg (11.47%), Potassium: 338.62mg (9.67%), Vitamin B12: 0.46µg (7.66%), Magnesium: 28.43mg (7.11%), Vitamin B5: 0.7mg (7.04%), Vitamin B6: 0.12mg (6.05%), Manganese: 0.1mg (5.12%), Vitamin E: 0.61mg (4.03%), Vitamin K: 3.15µg (3%), Vitamin C: 2.18mg (2.64%), Copper: 0.05mg (2.44%), Folate: 9.48µg (2.37%), Vitamin B3: 0.26mg (1.32%)