



Mint Oreo Ice Cream

 Vegetarian

READY IN



180 min.

SERVINGS



2

CALORIES



1933 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 cups mint leaves washed packed well (wash after measuring)
- ☐ 1.5 cups oreo cookies chopped (15)
- ☐ 0.8 cup sugar
- ☐ 1 cup milk whole

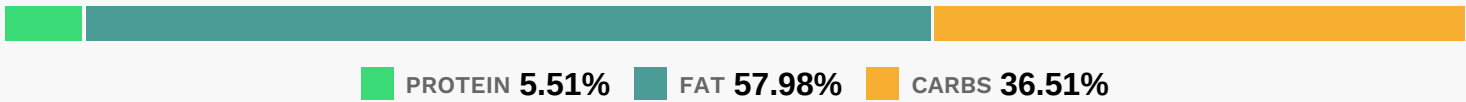
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a heavy saucepan, bring cream and milk to a simmer.
- ☐ Remove from heat and stir in mint leaves. Cover and let steep for 2 hours.
- ☐ Remove mint from cream with a fine mesh strainer, and press lightly on leaves with the back of a spoon to extract more mint flavor.
- ☐ Whisk in sugar, salt, and egg yolks until well combined.
- ☐ Place saucepan on medium heat and cook, stirring frequently, until a custard forms and a swiped finger on the back of a spoon leaves a clean line.
- ☐ Remove from heat and strain into an airtight container. Refrigerate custard overnight.
- ☐ The next day, churn ice cream according to manufacturer's instructions.
- ☐ Remove from churn into a container and quickly stir in chopped Oreos. Chill in freezer for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:54.52, Inflammation Score:-10, Nutrition Score:44.420869329701%

Flavonoids

Eriodictyol: 13.91mg, Eriodictyol: 13.91mg, Eriodictyol: 13.91mg, Eriodictyol: 13.91mg Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg Apigenin: 2.43mg, Apigenin: 2.43mg, Apigenin: 2.43mg, Apigenin: 2.43mg Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg

Nutrients (% of daily need)

Calories: 1933.33kcal (96.67%), Fat: 127.71g (196.48%), Saturated Fat: 69.06g (431.61%), Carbohydrates: 181g (60.33%), Net Carbohydrates: 173.92g (63.24%), Sugar: 136.81g (152.01%), Cholesterol: 866.78mg (288.93%), Sodium: 1488.9mg (64.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6mg (2%), Protein: 27.29g (54.57%), Vitamin A: 6388.92IU (127.78%), Iron: 18.56mg (103.13%), Vitamin B2: 1.32mg (77.67%), Manganese: 1.38mg (69.25%), Selenium: 46.39µg (66.27%), Phosphorus: 616.31mg (61.63%), Vitamin D: 8.07µg (53.77%), Folate:

212.86µg (53.22%), Calcium: 512.64mg (51.26%), Vitamin E: 6.61mg (44.05%), Vitamin K: 41.24µg (39.28%), Vitamin B12: 2.09µg (34.88%), Vitamin B1: 0.48mg (32.28%), Vitamin B5: 3.19mg (31.89%), Magnesium: 126.42mg (31.61%), Copper: 0.62mg (31.19%), Potassium: 1006.49mg (28.76%), Fiber: 7.08g (28.32%), Zinc: 3.71mg (24.74%), Vitamin B6: 0.43mg (21.62%), Vitamin B3: 4.18mg (20.91%), Vitamin C: 15.74mg (19.08%)