



Mulled Wine Ice Cream



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1618 kcal

DESSERT

Ingredients

- ☐ 6 allspice
- ☐ 1 tablespoon brandy
- ☐ 2 cups wine
- ☐ 4 cardamom pods crushed
- ☐ 1 cinnamon sticks
- ☐ 0.5 teaspoon coriander seeds
- ☐ 6 egg yolk
- ☐ 2 cups cup heavy whipping cream

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 mace
- ☐ 1 cranberry-orange relish
- ☐ 1 star anise
- ☐ 0.8 cup sugar
- ☐ 1 cup milk whole

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a dry skillet over high heat, toast spices, stirring frequently, until they are fragrant, about 30 seconds.
- ☐ In a medium non-reactive saucepan bring wine and spices to a simmer over medium heat. Squeeze in juice of one orange through a strainer to remove seeds, then add spent orange to the pan. Cook, stirring frequently, until wine reduces to a thick, bubbly syrup that measures to 1/4 cup. Strain out spices and orange and set aside to cool.
- ☐ In another clean medium saucepan whisk together egg yolks and sugar until well combined and slightly thickened.
- ☐ Whisk in cream and milk until fully incorporated, add wine reduction, then cook over medium heat until a custard forms on a spoon and a finger swiped across the back leaves a clean line.
- ☐ Pour through a strainer into an airtight container, stir in brandy and salt to taste, and chill overnight in refrigerator.
- ☐ The next day, churn according to manufacturer's instructions.
- ☐ Transfer ice cream to freezer and harden for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:97.8, Glycemic Load:57.28, Inflammation Score:-10, Nutrition Score:32.024347958357%

Flavonoids

Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 1617.82kcal (80.89%), Fat: 105.26g (161.94%), Saturated Fat: 62.32g (389.5%), Carbohydrates: 108.46g (36.15%), Net Carbohydrates: 104.29g (37.92%), Sugar: 94.13g (104.59%), Cholesterol: 866.78mg (288.93%), Sodium: 720.92mg (31.34%), Alcohol: 27.7g (100%), Alcohol %: 4.33% (100%), Protein: 20.87g (41.73%), Vitamin A: 4638.63IU (92.77%), Manganese: 1.53mg (76.48%), Selenium: 40.72µg (58.17%), Vitamin B2: 0.96mg (56.31%), Vitamin D: 8.07µg (53.77%), Phosphorus: 495.25mg (49.53%), Vitamin C: 37.72mg (45.72%), Calcium: 448.24mg (44.82%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.85mg (28.51%), Folate: 109.03µg (27.26%), Vitamin E: 3.8mg (25.35%), Vitamin B6: 0.4mg (20.18%), Potassium: 661.89mg (18.91%), Vitamin B1: 0.28mg (18.87%), Zinc: 2.78mg (18.52%), Fiber: 4.17g (16.68%), Iron: 2.95mg (16.41%), Magnesium: 55.31mg (13.83%), Vitamin K: 8.91µg (8.48%), Copper: 0.16mg (8.14%), Vitamin B3: 0.59mg (2.97%)