

Naranjilla Ice Cream



Vegetarian



Gluten Free

READY IN



480 min.

SERVINGS



2

CALORIES



1055 kcal

DESSERT

Ingredients

- ☐ 4 large egg yolks
- ☐ 1 cup heavy cream
- ☐ 14 ounces naranjilla purée frozen thawed (also called lulo) ()
- ☐ 1 cup sugar divided
- ☐ 0.5 cup milk whole

Equipment

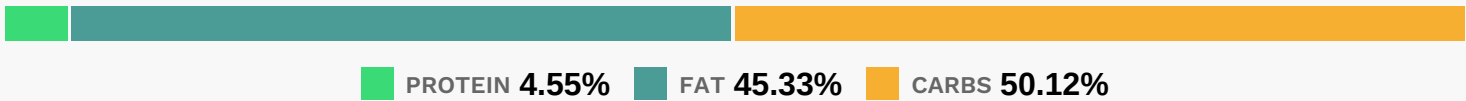
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ice cream machine

Directions

- ☐ Bring purée, cream, milk, and 3/4 cup sugar to a simmer in a heavy medium saucepan over medium heat, stirring until sugar has dissolved.
- ☐ Whisk together yolks and remaining 1/4 cup sugar in a bowl, then slowly add hot milk mixture, whisking to combine. Return mixture to saucepan and cook over medium–low heat, stirring constantly with a wooden spoon, until custard is slightly thickened and registers 170 to 175°F on an instant–read thermometer (do not let boil). Immediately strain through a fine–mesh sieve into a metal bowl.
- ☐ Chill, uncovered, until cool or quick–chill by setting bowl in an ice bath and stirring occasionally until cold. Refrigerate, covered, until very cold, at least 6 hours.
- ☐ Freeze custard in ice cream maker, then transfer to an airtight container and put in freezer to firm up, about 2 hours.
- ☐ •Custard can be chilled up to 24 hours. •Ice cream keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:79.92, Glycemic Load:84.65, Inflammation Score:-10, Nutrition Score:24.288260708685%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 1054.75kcal (52.74%), Fat: 55g (84.61%), Saturated Fat: 31.93g (199.59%), Carbohydrates: 136.82g (45.61%), Net Carbohydrates: 133.64g (48.6%), Sugar: 133.59g (148.43%), Cholesterol: 508.99mg (169.66%), Sodium: 74.61mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.83%), Vitamin A: 4485.59IU (89.71%), Vitamin C: 72.95mg (88.42%), Selenium: 25.56µg (36.51%), Folate: 139.73µg (34.93%), Vitamin B2: 0.58mg (34.23%), Vitamin D: 4.41µg (29.41%), Phosphorus: 291.01mg (29.1%), Vitamin E: 3.79mg (25.26%), Calcium: 220.26mg (22.03%), Vitamin B6: 0.43mg (21.7%), Vitamin B12: 1.18µg (19.71%), Vitamin B5: 1.94mg (19.39%), Potassium: 577mg (16.49%), Copper: 0.27mg (13.36%), Fiber: 3.18g (12.7%), Vitamin K: 12.56µg (11.97%), Vitamin B1: 0.17mg (11.56%), Zinc: 1.51mg (10.04%), Magnesium: 37.19mg (9.3%), Iron: 1.41mg (7.86%), Manganese: 0.15mg (7.57%), Vitamin B3: 1.48mg (7.38%)