



Old Fashioned (Bourbon and Orange) Ice Cream

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



1435 kcal

DESSERT

Ingredients

- ☐ 1 Dash angostura bitters
- ☐ 5 tablespoons bourbon
- ☐ 6 egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon orange zest
- ☐ 0.8 cup sugar

☐ 1 cup milk whole

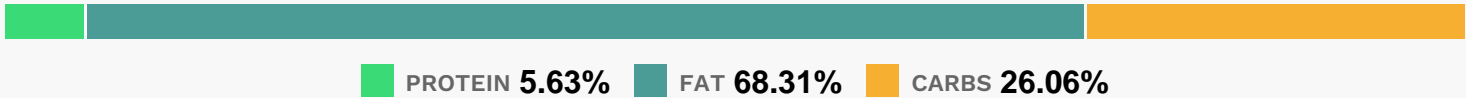
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ In a heavy saucepan, whisk egg yolks and sugar together until pale in color and thickened. Slowly whisk in cream, then milk. Once fully incorporated, put over medium heat and whisk frequently until a custard forms on the back of a spoon but a swiped finger across the back leaves a clean line.
- ☐ Remove from heat and pour base through a strainer into an airtight container. Stir in bourbon, orange zest, bitters, and salt. Cover and rest in refrigerator overnight.
- ☐ The next day, churn in ice cream maker according to manufacturer's instructions. Optional: For a flawlessly smooth ice cream, pour base through a strainer again to remove bits of orange zest before churning. I never bother.
- ☐ Serve immediately as soft serve or transfer to freezer for at least three hours to harden. For full Old Fashioned effect, top with a spoonful of maraschino cherries.

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:54.52, Inflammation Score:-9, Nutrition Score:23.796521981125%

Nutrients (% of daily need)

Calories: 1435kcal (71.75%), Fat: 104.37g (160.58%), Saturated Fat: 62.17g (388.54%), Carbohydrates: 89.58g (29.86%), Net Carbohydrates: 89.47g (32.53%), Sugar: 88.04g (97.82%), Cholesterol: 866.78mg (288.93%), Sodium: 719.07mg (31.26%), Alcohol: 12.75g (100%), Alcohol %: 3.05% (100%), Protein: 19.36g (38.72%), Vitamin A: 4479.12IU (89.58%), Selenium: 40.16µg (57.37%), Vitamin B2: 0.92mg (53.97%), Vitamin D: 8.07µg (53.77%), Phosphorus: 473.57mg (47.36%), Calcium: 379.52mg (37.95%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.68mg

(26.81%), Vitamin E: 3.65mg (24.31%), Folate: 88.66µg (22.17%), Vitamin B6: 0.35mg (17.44%), Zinc: 2.34mg (15.6%),
Vitamin B1: 0.21mg (14.29%), Potassium: 472.45mg (13.5%), Iron: 1.78mg (9.88%), Magnesium: 34.24mg (8.56%),
Vitamin K: 8.36µg (7.96%), Copper: 0.08mg (4.17%), Vitamin C: 2.79mg (3.38%), Manganese: 0.05mg (2.41%),
Vitamin B3: 0.31mg (1.54%)