



Olive Oil Ice Cream



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



6

CALORIES



753 kcal

DESSERT

Ingredients

- ☐ 8 egg yolk
- ☐ 1 cup olive oil extra virgin
- ☐ 1.5 cups half and half
- ☐ 3 cups cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup sugar

Equipment

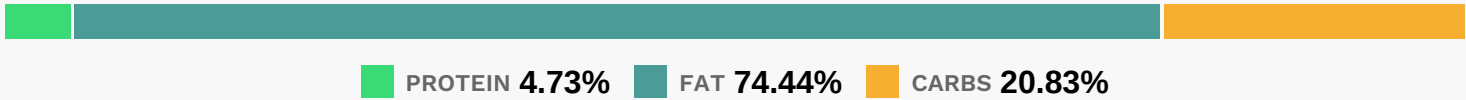
- ☐ sauce pan

- ☐ whisk
- ☐ sieve
- ☐ double boiler

Directions

- ☐ Combine first 3 ingredients in a 3-quart heavy-bottom saucepan over medium-high heat. Bring to a simmer, stirring constantly until sugar dissolves.
- ☐ Remove from heat.
- ☐ Pour water to a depth of 1 inch into bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer; place egg yolks in top half of double boiler. Slowly whisk in hot half-and-half mixture. Cook, whisking constantly, 6 minutes or until mixture reaches 160 and thickens enough to coat the back of a spoon.
- ☐ Remove from heat; strain through a fine wire-mesh sieve to remove any lumps, if necessary. Stir in heavy cream.
- ☐ Whisk in olive oil. Refrigerate until completely cold.
- ☐ Freeze in an ice-cream maker according to manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-8, Nutrition Score:11.570869500222%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 753.12kcal (37.66%), Fat: 63.58g (97.82%), Saturated Fat: 34.91g (218.18%), Carbohydrates: 40.04g (13.35%), Net Carbohydrates: 40.04g (14.56%), Sugar: 39.37g (43.75%), Cholesterol: 414.85mg (138.28%), Sodium: 177.93mg (7.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin A: 2309.55IU (46.19%), Vitamin B2: 0.47mg (27.89%), Selenium: 19.15µg (27.35%), Phosphorus: 220.1mg (22.01%), Vitamin D: 3.2µg (21.33%), Vitamin E: 2.9mg (19.35%), Calcium: 174.7mg (17.47%), Vitamin B12: 0.77µg (12.89%), Vitamin B5: 1.2mg (11.96%), Folate: 41.62µg (10.4%), Vitamin K: 9.1µg (8.66%), Vitamin B6: 0.16mg (7.8%), Zinc: 1.08mg (7.18%),

Potassium: 219.83mg (6.28%), Vitamin B1: 0.08mg (5.61%), Iron: 0.86mg (4.79%), Magnesium: 15.58mg (3.9%),
Copper: 0.04mg (1.97%), Vitamin C: 1.26mg (1.53%)