

Orange Ice Cream

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



3

CALORIES



345 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 2 large navel oranges
- 0.5 cup sugar
- 2 cups milk whole

Equipment

- bowl
- sauce pan
- whisk

- sieve
- hand mixer
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Finely grate 2 tablespoons zest from oranges, then halve oranges and squeeze enough juice to measure 1/2 cup. Discard oranges.
- Bring milk, 1/4 cup sugar, a pinch of salt, and 1 tablespoon zest to a boil in a 2-quart heavy saucepan, then remove from heat and let steep 30 minutes.
- Beat together yolks and remaining 1/4 cup sugar in a medium bowl with an electric mixer until thick and pale, about 1 minute.
- Add milk mixture in a stream, whisking constantly until combined well.
- Pour mixture into same saucepan and cook over moderate heat, stirring constantly with a wooden spoon, until mixture coats back of spoon and registers 175°F on thermometer (do not let boil). Immediately remove from heat and pour through a fine-mesh sieve into a metal bowl. Set bowl in a larger bowl of ice water and stir until cold, 10 to 15 minutes.
- Stir in orange juice and remaining tablespoon zest and freeze in ice cream maker.
- Transfer ice cream to an airtight container and put in freezer to harden, at least 2 hours.

Nutrition Facts



PROTEIN 11.01% **FAT 29.01%** **CARBS 59.98%**

Properties

Glycemic Index:36.03, Glycemic Load:26.16, Inflammation Score:-6, Nutrition Score:14.691304274227%

Flavonoids

Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg, Hesperetin: 20.41mg Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 344.65kcal (17.23%), Fat: 11.46g (17.63%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 53.31g (17.77%), Net Carbohydrates: 51.26g (18.64%), Sugar: 49.15g (54.61%), Cholesterol: 264.32mg (88.11%), Sodium: 73.96mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin C: 55.16mg (66.86%), Phosphorus: 274.16mg (27.42%), Calcium: 269.79mg (26.98%), Vitamin B2: 0.4mg (23.42%), Selenium: 15.98µg (22.83%), Vitamin B12: 1.32µg (22.01%), Vitamin D: 3.01µg (20.09%), Vitamin A: 820.91IU (16.42%), Folate: 64.83µg (16.21%), Vitamin B5: 1.53mg (15.28%), Vitamin B1: 0.19mg (12.96%), Vitamin B6: 0.25mg (12.61%), Potassium: 424.31mg (12.12%), Zinc: 1.27mg (8.44%), Fiber: 2.05g (8.21%), Magnesium: 30.92mg (7.73%), Vitamin E: 0.81mg (5.37%), Iron: 0.76mg (4.2%), Copper: 0.06mg (2.89%), Vitamin B3: 0.57mg (2.86%), Manganese: 0.05mg (2.37%)