

Orange Ice Cream



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



1000 kcal

DESSERT

Ingredients

- 8 large egg yolk
- 1 cup sugar
- 0.3 teaspoon coarse salt
- 2 cups skim milk
- 6 strips orange zest
- 2 cups cup heavy whipping cream

Equipment

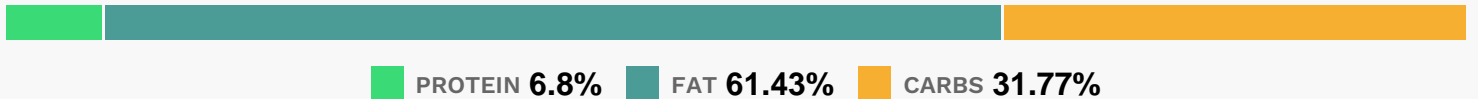
- bowl

- sauce pan
- whisk
- sieve
- wooden spoon
- ice cream machine

Directions

- In a medium saucepan, off heat, whisk together egg yolks, sugar, and salt until blended. Gradually whisk in milk.
- Cook over medium, stirring constantly with a wooden spoon, until custard thickens slightly and evenly coats back of spoon (it should hold a line drawn by your finger), 10 to 12 minutes.
- Stir orange zest into custard. Cover and let stand 30 minutes.
- Pour custard through a fine-mesh sieve into a bowl set over ice. Stir in cream.
- Let stand, stirring occasionally, until chilled. Churn in an ice cream maker according to manufacturer's instructions.
- Transfer ice cream to a resealable plastic container and freeze until firm, about 2 hours (or up to 3 months).

Nutrition Facts



Properties

Glycemic Index:34.45, Glycemic Load:49.2, Inflammation Score:-9, Nutrition Score:20.587826438572%

Nutrients (% of daily need)

Calories: 999.58kcal (49.98%), Fat: 69.64g (107.14%), Saturated Fat: 40.9g (255.64%), Carbohydrates: 81.02g (27.01%), Net Carbohydrates: 80.81g (29.38%), Sugar: 79.67g (88.52%), Cholesterol: 673.79mg (224.6%), Sodium: 326.08mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Vitamin A: 3327.71IU (66.55%), Selenium: 33.83µg (48.33%), Vitamin D: 6.78µg (45.22%), Vitamin B2: 0.77mg (45.06%), Phosphorus: 444.01mg (44.4%), Calcium: 382.81mg (38.28%), Vitamin B12: 2.09µg (34.75%), Vitamin B5: 2.35mg (23.53%), Folate: 76.4µg (19.1%), Vitamin E: 2.63mg (17.56%), Vitamin B6: 0.31mg (15.62%), Zinc: 2.17mg (14.47%), Vitamin B1: 0.21mg (13.69%), Potassium: 478.53mg (13.67%), Magnesium: 33.42mg (8.35%), Iron: 1.45mg (8.04%), Vitamin K: 5.39µg (5.14%), Vitamin C: 3.67mg (4.45%), Copper: 0.06mg (3.11%), Manganese: 0.03mg (1.73%), Vitamin B3:

0.32mg (1.62%)