



Orange-Vanilla Frozen Custard



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 3 large eggs
- ☐ 1.5 cups heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup orange juice concentrate frozen thawed
- ☐ 4 teaspoons orange zest grated
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

☐ 1.5 cups milk whole

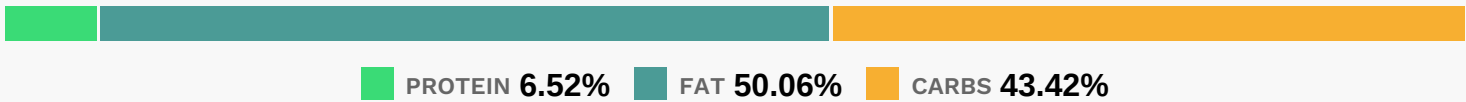
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine
- ☐ pastry bag

Directions

- ☐ Whisk the cornstarch and 1/2 cup milk in a small bowl until smooth.
- ☐ Whisk the eggs, sugar and salt in a medium saucepan; whisk in the cornstarch mixture and the remaining 1 cup milk until smooth.
- ☐ Cook the mixture over low heat, stirring, until thick enough to coat a spoon, 7 to 8 minutes (do not boil).
- ☐ Pour through a fine-mesh sieve into a bowl, then set the bowl in a larger bowl of ice water.
- ☐ Add the cream and stir until cool.
- ☐ Remove from the ice bath; stir in the vanilla, orange juice concentrate and orange zest. Cover and chill until cold.
- ☐ Freeze the custard in an ice cream maker according to the manufacturer's directions.
- ☐ Scrape into a pastry bag fitted with a large star tip and pipe into cups.
- ☐ Photograph by Jonathan Kantor

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:24.35, Inflammation Score:-7, Nutrition Score:11.214782709661%

Nutrients (% of daily need)

Calories: 459.9kcal (22.99%), Fat: 26g (40%), Saturated Fat: 15.62g (97.63%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 50.28g (18.28%), Sugar: 47.57g (52.86%), Cholesterol: 167.55mg (55.85%), Sodium: 174.46mg (7.59%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Protein: 7.62g (15.24%), Vitamin C: 47.93mg (58.09%), Vitamin A: 1233.67IU (24.67%), Vitamin B2: 0.37mg (22.02%), Phosphorus: 165.4mg (16.54%), Selenium: 11µg (15.71%), Calcium: 143mg (14.3%), Vitamin D: 2.12µg (14.15%), Potassium: 386.54mg (11.04%), Vitamin B12: 0.65µg (10.79%), Folate: 38.83µg (9.71%), Vitamin B1: 0.14mg (9.64%), Vitamin B5: 0.95mg (9.46%), Vitamin B6: 0.19mg (9.26%), Vitamin E: 1.03mg (6.89%), Magnesium: 26.03mg (6.51%), Zinc: 0.78mg (5.17%), Iron: 0.64mg (3.54%), Copper: 0.05mg (2.45%), Vitamin B3: 0.48mg (2.41%), Vitamin K: 2.29µg (2.18%), Fiber: 0.47g (1.88%), Manganese: 0.03mg (1.53%)