



Passion-Fruit Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1021 kcal

DESSERT

Ingredients

- 3 large eggs
- 3 cups cup heavy whipping cream
- 1.3 cups passion fruit rum frozen thawed
- 1.5 cups sugar

Equipment

- bowl
- sauce pan
- whisk

- sieve
- ice cream machine
- candy thermometer

Directions

- Whisk together sugar and eggs.
- Heat cream in a 2 1/2- to 3-quart heavy saucepan over moderate heat until it just reaches a boil, then add hot cream to egg mixture in a slow stream, whisking.
- Pour custard into saucepan.
- Cook custard over moderately low heat, stirring constantly, until it registers 170°F on an instant-read or candy thermometer (do not let boil).
- Pour custard through a fine sieve into a clean bowl and cool completely. Stir in passion-fruit pulp, then chill, covered, until cold.
- Freeze custard in ice cream maker.
- Transfer to an airtight container and put in freezer to harden.
- * Available in Latino markets.
- Ice cream can be made 1 week ahead.

Nutrition Facts

PROTEIN 4.33% **FAT 58.73%** **CARBS 36.94%**

Properties

Glycemic Index:25.02, Glycemic Load:55.23, Inflammation Score:-9, Nutrition Score:16.26086974144%

Nutrients (% of daily need)

Calories: 1020.81kcal (51.04%), Fat: 68.76g (105.79%), Saturated Fat: 42.27g (264.2%), Carbohydrates: 97.3g (32.43%), Net Carbohydrates: 89.63g (32.59%), Sugar: 88.46g (98.29%), Cholesterol: 341.2mg (113.74%), Sodium: 122.85mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.83%), Vitamin A: 3764.55IU (75.29%), Vitamin B2: 0.62mg (36.3%), Fiber: 7.67g (30.68%), Vitamin C: 23.2mg (28.12%), Selenium: 17.76µg (25.37%), Vitamin D: 3.61µg (24.04%), Phosphorus: 227.93mg (22.79%), Calcium: 148.41mg (14.84%), Potassium: 479.48mg (13.7%), Vitamin E: 2.05mg (13.67%), Iron: 2.05mg (11.4%), Vitamin B12: 0.62µg (10.32%), Vitamin B5: 1.03mg (10.3%), Vitamin B6: 0.2mg (10%), Magnesium: 38.38mg (9.6%), Folate: 35.09µg (8.77%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.25mg (6.24%), Vitamin K: 6.34µg (6.04%), Copper: 0.12mg (5.77%), Vitamin B1: 0.05mg

(3.38%)