



Peanut butter ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

Ingredients

- 1.3 cups milk
- 0.8 cup sugar
- 0.1 tsp salt
- 3 eggs
- 0.3 cup creamy peanut butter
- 1.5 cups cup heavy whipping cream
- 1 Tbs vanilla extract
- 4 Tbs peanuts unsalted shelled coarsely chopped for sprinkling

- 8 servings baker's chocolate for sprinkling

Equipment

- bowl
- sauce pan
- whisk
- hand mixer
- ice cream machine

Directions

- Combine milk, sugar and salt in a saucepan; cook over medium heat, stirring occasionally until mixture almost boils. Reduce heat to low.
- Beat the eggs with a hand mixer or a whisk for 2 minutes until frothy.
- Gradually stir about cup of hot milk mixture into beaten eggs.
- Add eggs to remaining milk mixture.
- Cook over low heat, stirring constantly until slightly thickened, about 2-3 minutes.
- Remove from heat
- Whisk in peanut butter and mix well.
- Refrigerate at least 3 hours.
- Combine cream, vanilla extract, and chilled mixture, stirring with a whisk.
- Pour the mixture into an ice cream machine and churn until frozen.
- Transfer to plastic container and place in the freezer for an hour before serving.
- Serving: take it out of the freezer for 5-10 minutes before serving, or longer, so it comes to the right scooping temperature.
- Sprinkle with chopped peanuts and chocolate bits.
- Easy suggestion: ice cream is best served in chilled glass or porcelain bowls. Scoop it with a hot, but dry, ice-cream spoon (soak it in boiling water, then wipe dry).

Nutrition Facts



■ PROTEIN 8.97% ■ FAT 64.64% ■ CARBS 26.39%

Properties

Glycemic Index:15.26, Glycemic Load:14.03, Inflammation Score:-6, Nutrition Score:8.6552173913043%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg

Taste

Sweetness: 90.13%, Saltiness: 50.43%, Sourness: 10.7%, Bitterness: 8.61%, Savoriness: 25.11%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 387.63kcal (19.38%), Fat: 28.65g (44.08%), Saturated Fat: 13.47g (84.18%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.01g (9.1%), Sugar: 23.62g (26.24%), Cholesterol: 116.38mg (38.79%), Sodium: 133.44mg (5.8%), Alcohol: 0.56g (3.11%), Protein: 8.95g (17.9%), Manganese: 0.36mg (18.22%), Phosphorus: 164.42mg (16.44%), Vitamin A: 806.85IU (16.14%), Vitamin B2: 0.25mg (14.89%), Vitamin E: 1.95mg (13%), Vitamin B3: 2.6mg (12.98%), Selenium: 8.45µg (12.07%), Magnesium: 44.47mg (11.12%), Vitamin D: 1.46µg (9.76%), Calcium: 96.54mg (9.65%), Vitamin B6: 0.15mg (7.49%), Vitamin B5: 0.73mg (7.28%), Vitamin B12: 0.42µg (7.07%), Zinc: 1.05mg (7.03%), Potassium: 240.92mg (6.88%), Folate: 26.23µg (6.56%), Copper: 0.13mg (6.44%), Fiber: 1.3g (5.21%), Iron: 0.82mg (4.57%), Vitamin B1: 0.06mg (4.31%), Vitamin K: 1.72µg (1.64%)