



Peppermint Ice Cream

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



2490 kcal

DESSERT

Ingredients

- 1.5 cups cup heavy whipping cream
- 0.8 cup sugar
- 0.3 teaspoon salt
- 4 egg yolk
- 2 cups cup heavy whipping cream
- 4.5 teaspoons vanilla extract
- 0.3 teaspoon peppermint extract
- 1 cups peppermint candies crushed

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap
- kitchen thermometer
- ice cream machine
- candy thermometer

Directions

- In a large saucepan, heat the half-and-half to 175°F. Stir in the sugar and salt and mix until dissolved.
- Whisk a small amount of the hot mixture into the eggs. This will temper the eggs and keep them from scrambling as they cook. Return the mixture to the pan of half-and-half. Continue cooking over low heat, stirring constantly, until the temperature reaches 160° and the mixture is thick enough to coat the back of a spoon. Once it's hot enough, remove from heat immediately. Be careful not to let the mixture boil. Editor's Tip: Precise temperatures are critical for this recipe. Make sure you have an instant-read thermometer or candy thermometer on hand.
- When the cream mixture hits the right temp, immediately transfer it to a large bowl set inside a pan of ice water. Stir gently and occasionally for two minutes. Stir in the heavy whipping cream, vanilla extract and peppermint extract. Press plastic wrap onto the surface of the custard.
- Place it in the fridge, and let it chill for a few hours or overnight.
- Next, it's time to break out your ice cream maker. If your model uses a frozen cylinder, make sure it's prepped and completely frozen before you begin.
- Transfer the custard mixture to the machine, and churn according to the manufacturer's instructions. After the machine has completed its churning cycle, stir in the crushed peppermint candies.

- Transfer the ice cream to freezer-safe containers, allowing a little headroom for expansion. Freeze for two to four hours to firm up completely.

Nutrition Facts

PROTEIN 3.69% **FAT 71.25%** **CARBS 25.06%**

Properties

Glycemic Index:35.05, Glycemic Load:52.36, Inflammation Score:-10, Nutrition Score:23.218695676845%

Nutrients (% of daily need)

Calories: 2490.47kcal (124.52%), Fat: 201.04g (309.29%), Saturated Fat: 134.28g (839.28%), Carbohydrates: 159.12g (53.04%), Net Carbohydrates: 159.12g (57.86%), Sugar: 155.59g (172.88%), Cholesterol: 859.45mg (286.48%), Sodium: 495.37mg (21.54%), Alcohol: 3.27g (100%), Alcohol %: 0.63% (100%), Protein: 23.4g (46.8%), Vitamin A: 6641.67IU (132.83%), Vitamin B2: 1mg (58.61%), Vitamin D: 8.61µg (57.39%), Calcium: 500.75mg (50.07%), Selenium: 33.11µg (47.29%), Phosphorus: 382.54mg (38.25%), Vitamin E: 4.76mg (31.74%), Vitamin B12: 1.37µg (22.81%), Vitamin B5: 2.14mg (21.42%), Folate: 69.22µg (17.31%), Vitamin B6: 0.27mg (13.71%), Vitamin K: 13.58µg (12.93%), Potassium: 450.54mg (12.87%), Zinc: 1.85mg (12.31%), Vitamin B1: 0.15mg (9.85%), Iron: 1.45mg (8.06%), Magnesium: 32.1mg (8.03%), Copper: 0.09mg (4.29%), Vitamin C: 2.5mg (3.03%), Manganese: 0.05mg (2.48%), Vitamin B3: 0.32mg (1.58%)