



Pineapple Ice Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



467 kcal

DESSERT

Ingredients

- 2 cups milk
- 1 cup sugar
- 3 eggs lightly beaten
- 1.8 cups cup heavy whipping cream
- 8 ounces pineapple crushed undrained canned

Equipment

- bowl
- frying pan

sauce pan

whisk

Directions

In a large saucepan, heat milk to 175°; stir in sugar until dissolved.

Whisk a small amount of the hot mixture into the eggs. Return all to the pan, whisking constantly. Cook and stir over low heat until mixture reaches at least 160° and coats the back of a metal spoon.

Remove from the heat. Cool quickly by placing pan in a bowl of ice water; stir for 2 minutes. Stir in whipping cream and pineapple. Press waxed paper onto surface of custard. Refrigerate for several hours or overnight.

Fill cylinder of ice cream freezer two-thirds full; freeze according to the manufacturer's directions. Refrigerate remaining mixture until ready to freeze. When ice cream is frozen, transfer to a freezer container; freeze for 2-4 hours before serving.

Nutrition Facts

 PROTEIN **6.34%**  FAT **56.12%**  CARBS **37.54%**

Properties

Glycemic Index:18.02, Glycemic Load:24.71, Inflammation Score:-6, Nutrition Score:8.3926086555357%

Nutrients (% of daily need)

Calories: 467.29kcal (23.36%), Fat: 29.9g (46%), Saturated Fat: 18.17g (113.56%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 44.52g (16.19%), Sugar: 44.68g (49.64%), Cholesterol: 170.04mg (56.68%), Sodium: 81.6mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Vitamin A: 1289.88IU (25.8%), Vitamin B2: 0.36mg (21.03%), Phosphorus: 168.61mg (16.86%), Calcium: 164.56mg (16.46%), Vitamin D: 2.45µg (16.3%), Selenium: 10.73µg (15.33%), Vitamin B12: 0.75µg (12.43%), Vitamin B5: 0.82mg (8.18%), Potassium: 265.84mg (7.6%), Vitamin B1: 0.11mg (7.12%), Vitamin B6: 0.14mg (6.98%), Vitamin E: 0.92mg (6.12%), Magnesium: 22.93mg (5.73%), Zinc: 0.82mg (5.5%), Vitamin C: 3.97mg (4.81%), Folate: 15.01µg (3.75%), Copper: 0.07mg (3.35%), Iron: 0.58mg (3.21%), Vitamin K: 2.8µg (2.66%), Fiber: 0.49g (1.97%), Vitamin B3: 0.25mg (1.27%)