



Pumpkin Spice Ice Cream

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



1486 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon bourbon
- ☐ 0.8 cup t brown sugar dark
- ☐ 8 egg yolk
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg (see note above)
- ☐ 2 cups cup heavy whipping cream
- ☐ 2 servings kosher salt to taste

- ☐ 1 cup pumpkin puree
- ☐ 1 vanilla pod split
- ☐ 1 cup milk whole

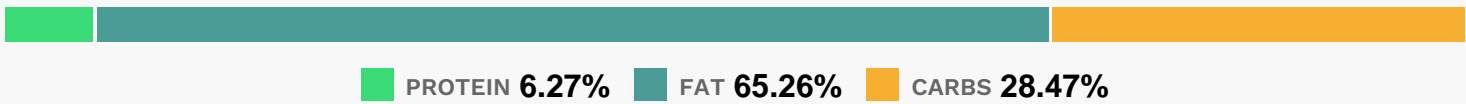
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a medium saucepan over medium heat, bring cream and milk to a simmer. Stir in vanilla bean, cover, remove from heat, and let steep for 1 hour. Discard vanilla bean or wash and dry for another use.
- ☐ In a second saucepan whisk together sugar, egg yolks, pumpkin purée, and spices until very well combined. Slowly pour milk mixture into saucepan, whisking constantly, until fully incorporated. Set over medium heat and cook, stirring frequently, until a custard forms on the back of a spoon and finger swiped across it leaves a clean line.
- ☐ Pour custard through a fine mesh strainer into an airtight container, then stir in bourbon and salt to taste in 1/4 teaspoon increments (I used 3/4 teaspoons for a slightly salty kick) and chill overnight.
- ☐ The next day, churn according to manufacturer's instructions.
- ☐ Transfer ice cream to airtight container and chill in freezer for at least 4 to 5 hours before serving.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:34.603043576945%

Nutrients (% of daily need)

Calories: 1486.19kcal (74.31%), Fat: 109.79g (168.9%), Saturated Fat: 64.15g (400.95%), Carbohydrates: 107.77g (35.92%), Net Carbohydrates: 103.46g (37.62%), Sugar: 97.39g (108.21%), Cholesterol: 1061.18mg (353.73%), Sodium: 369.74mg (16.08%), Alcohol: 0.83g (100%), Alcohol %: 0.16% (100%), Protein: 23.74g (47.48%), Vitamin A: 23803.16IU (476.06%), Selenium: 51.33µg (73.33%), Vitamin B2: 1.06mg (62.58%), Vitamin D: 9.04µg (60.25%), Phosphorus: 590.03mg (59%), Calcium: 514.1mg (51.41%), Vitamin B12: 2.44µg (40.73%), Manganese: 0.77mg (38.28%), Vitamin B5: 3.82mg (38.2%), Vitamin E: 5.47mg (36.49%), Folate: 130.54µg (32.63%), Vitamin K: 29.11µg (27.72%), Vitamin B6: 0.52mg (25.81%), Iron: 4.64mg (25.8%), Potassium: 860.03mg (24.57%), Zinc: 3mg (19.98%), Vitamin B1: 0.27mg (18.27%), Magnesium: 72.86mg (18.21%), Fiber: 4.3g (17.22%), Copper: 0.26mg (13.06%), Vitamin C: 6.62mg (8.02%), Vitamin B3: 0.86mg (4.31%)