



Rum Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



553 kcal

DESSERT

Ingredients

- 0.8 cup t brown sugar dark divided packed
- 0.3 cup rum dark
- 2 large eggs
- 0.5 teaspoon nutmeg grated
- 1 cup milk whole

Equipment

- bowl
- sauce pan

- whisk
- sieve
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Bring cream, milk, 1/2 cup brown sugar, and nutmeg to a simmer in a heavy medium saucepan over medium heat, stirring.
- Meanwhile, whisk together eggs, remaining 1/4 cup brown sugar, and 1/8 teaspoon salt in a large bowl.
- Add cream mixture in a slow stream, whisking. Return to saucepan and cook, stirring with a wooden spoon, until mixture coats back of spoon and registers 175°F on an instant-read thermometer (do not boil).
- Immediately strain custard through a fine-mesh sieve into a metal bowl. Stir in rum and chill custard at least 6 hours.
- Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, about 2 hours.
- Rum custard can be chilled up to 24 hours. •Ice cream keeps 1 week.

Nutrition Facts

■ PROTEIN **8.87%** ■ FAT **16.92%** ■ CARBS **74.21%**

Properties

Glycemic Index:61.5, Glycemic Load:2.26, Inflammation Score:-4, Nutrition Score:9.8121738143913%

Nutrients (% of daily need)

Calories: 553.22kcal (27.66%), Fat: 8.84g (13.6%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 87.24g (29.08%), Net Carbohydrates: 87.13g (31.68%), Sugar: 86.22g (95.8%), Cholesterol: 200.64mg (66.88%), Sodium: 140.94mg (6.13%), Alcohol: 13.36g (100%), Alcohol %: 5.74% (100%), Protein: 10.43g (20.86%), Selenium: 18.67µg (26.67%), Calcium: 247.46mg (24.75%), Vitamin B2: 0.4mg (23.46%), Phosphorus: 228.18mg (22.82%), Vitamin B12: 1.1µg (18.4%), Vitamin D: 2.34µg (15.61%), Vitamin B5: 1.33mg (13.3%), Potassium: 364.27mg (10.41%), Vitamin B6: 0.19mg (9.72%), Vitamin A: 468.15IU (9.36%), Iron: 1.49mg (8.29%), Zinc: 1.2mg (7.98%), Magnesium: 28.98mg (7.24%),

Folate: 24.7µg (6.18%), Vitamin B1: 0.09mg (6.16%), Manganese: 0.09mg (4.67%), Copper: 0.09mg (4.48%), Vitamin E: 0.59mg (3.91%), Vitamin B3: 0.27mg (1.34%)