



Rum Raisin Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

DESSERT

Ingredients

- 0.5 cup rum dark
- 4 eggs
- 0.5 cup raisins
- 1 cup sugar
- 0.5 teaspoon vanilla extract
- 2 cups whipping cream
- 2 cups milk whole

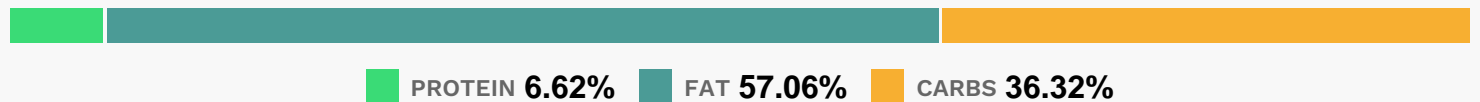
Equipment

- bowl
- sauce pan
- hand mixer

Directions

- Combine raisins and rum in a small saucepan; bring to a boil.
- Remove from heat; cover and let stand at room temperature 1 hour.
- Drain raisins; discard rum. Finely chop raisins, and set aside.
- Beat eggs in a large bowl at high speed of an electric mixer 3 minutes or until thick and pale. Gradually add sugar, beating until blended.
- Transfer mixture to a large saucepan; stir in milk. Cook over medium–low heat, stirring constantly, until mixture thickens and coats a metal spoon.
- Remove from heat, and let cool. Stir in whipping cream, vanilla, and raisins. Cover and chill thoroughly.
- Pour mixture into freezer container of a 1–gallon hand–turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:14.9, Inflammation Score:-4, Nutrition Score:4.7456522324811%

Nutrients (% of daily need)

Calories: 285.87kcal (14.29%), Fat: 17.1g (26.31%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 24.08g (8.76%), Sugar: 19.82g (22.03%), Cholesterol: 104.26mg (34.75%), Sodium: 48.96mg (2.13%), Alcohol: 3.4g (100%), Alcohol %: 3.37% (100%), Protein: 4.46g (8.92%), Vitamin A: 728.18IU (14.56%), Vitamin B2: 0.21mg (12.5%), Phosphorus: 98.06mg (9.81%), Selenium: 6.6µg (9.43%), Vitamin D: 1.38µg (9.17%), Calcium: 86.29mg (8.63%), Vitamin B12: 0.41µg (6.89%), Potassium: 169.55mg (4.84%), Vitamin B5: 0.48mg (4.8%), Vitamin B6: 0.08mg (3.76%), Vitamin E: 0.54mg (3.6%), Zinc: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.93%), Magnesium: 11.25mg (2.81%), Iron: 0.47mg (2.59%), Folate: 8.66µg (2.17%), Copper: 0.04mg (1.85%), Fiber: 0.41g (1.64%), Vitamin K: 1.44µg (1.37%), Manganese: 0.03mg (1.26%)