



Rum Raisin Ice Milk

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

11

CALORIES

calories

143 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup rum dark
- ☐ 2 eggs
- ☐ 0.3 cup raisins
- ☐ 2 cups skim milk
- ☐ 2 cups evaporated skimmed milk
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract

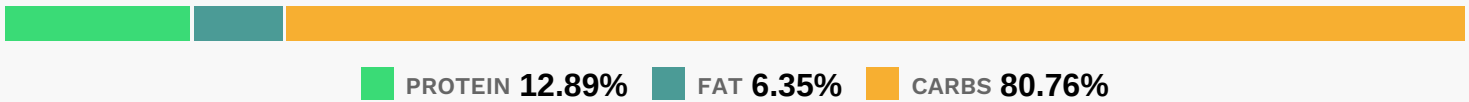
Equipment

- ☐ 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 medium bowl at high speed of an electric mixer 3 minutes or until thick and pale.
- ☐ Combine sugar and cornstarch; gradually add sugar mixture to beaten eggs, beating constantly.
- ☐ Transfer mixture to a large saucepan; stir in skim milk. Cook over medium heat, stirring constantly, until mixture thickens and just begins to boil.
- ☐ Remove from heat, and let cool. Stir in evaporated milk, vanilla, and chopped 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:19.13, Glycemic Load:15.99, Inflammation Score:-2, Nutrition Score:4.085217402843%

Nutrients (% of daily need)

Calories: 142.75kcal (7.14%), Fat: 0.91g (1.41%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.86g (9.4%), Sugar: 22.7g (25.22%), Cholesterol: 32.43mg (10.81%), Sodium: 49.4mg (2.15%), Alcohol: 2.49g (100%), Alcohol %: 2.48% (100%), Protein: 4.18g (8.35%), Calcium: 123.52mg (12.35%), Phosphorus:

114.79mg (11.48%), Vitamin B12: 0.59µg (9.8%), Vitamin B2: 0.17mg (9.72%), Vitamin D: 1.14µg (7.6%), Selenium: 4.38µg (6.25%), Potassium: 196.86mg (5.62%), Vitamin A: 224.95IU (4.5%), Vitamin B5: 0.44mg (4.43%), Vitamin B1: 0.06mg (3.9%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.52mg (3.45%), Magnesium: 13mg (3.25%), Iron: 0.27mg (1.48%), Folate: 5.67µg (1.42%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.19%)