



Saffron, Honey, and Orange Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1411 kcal

DESSERT

Ingredients

- 6 egg yolk
- 2 cups cup heavy whipping cream
- 0.5 cup honey light (recommended: acacia, alfalfa, or orange blossom)
- 0.8 teaspoon kosher salt
- 0.5 teaspoon orange zest
- 0.3 teaspoon saffron threads
- 0.3 cup sugar
- 1 cup milk whole

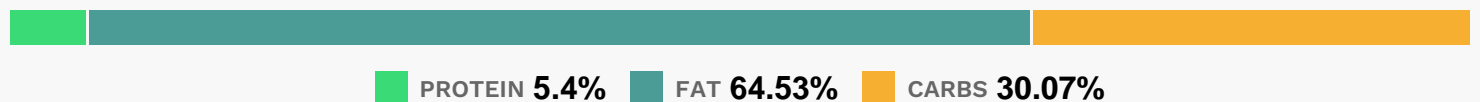
Equipment

- sauce pan
- whisk
- sieve

Directions

- In a heavy medium saucepan, whisk together egg yolks, honey, and sugar until thoroughly combined.
- Whisk in cream, milk, and salt, then cook over medium heat, whisking frequently, until a custard forms on the back of a spoon but a finger swiped across it leaves a clean line, about 170°F.
- Pour through a strainer into an airtight container and stir in saffron and orange zest. Cover and chill in refrigerator until custard drops to 40°F, 4 hours to overnight.
- Churn custard 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:115.18, Glycemic Load:56.04, Inflammation Score:-9, Nutrition Score:24.371304372083%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 1410.69kcal (70.53%), Fat: 104.21g (160.33%), Saturated Fat: 62.17g (388.54%), Carbohydrates: 109.26g (36.42%), Net Carbohydrates: 109.04g (39.65%), Sugar: 107.65g (119.61%), Cholesterol: 866.78mg (288.93%), Sodium: 1012.27mg (44.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.22%), Vitamin A: 4477.09IU (89.54%), Selenium: 40.53µg (57.91%), Vitamin B2: 0.94mg (55.2%), Vitamin D: 8.07µg (53.77%), Phosphorus: 475.39mg (47.54%), Calcium: 383.49mg (38.35%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 2.74mg (27.37%), Vitamin E: 3.65mg (24.3%), Folate: 90.22µg (22.55%), Vitamin B6: 0.37mg (18.4%), Zinc: 2.51mg (16.71%),

Potassium: 513.99mg (14.69%), Vitamin B1: 0.21mg (14.1%), Iron: 2.09mg (11.63%), Magnesium: 35.86mg (8.97%),
Vitamin K: 8.36µg (7.96%), Manganese: 0.11mg (5.58%), Copper: 0.1mg (5.12%), Vitamin C: 2.54mg (3.08%), Vitamin
B3: 0.4mg (2%)