



Salted Caramel Ice Cream

 Vegetarian  Gluten Free  Popular

READY IN



240 min.

SERVINGS



2

CALORIES



1575 kcal

DESSERT

Ingredients

- 3 large eggs
- 2.3 cups heavy cream divided
- 0.5 teaspoon flaky sea salt such as maldon
- 1.3 cups sugar divided
- 0.5 teaspoon vanilla extract pure
- 1 cup milk whole

Equipment

- bowl

- frying pan
- sauce pan
- whisk
- sieve
- wooden spoon
- kitchen thermometer
- ice cream machine

Directions

- Heat 1 cup sugar in a dry 10-inch heavy skillet over medium heat, stirring with a fork to heat sugar evenly, until it starts to melt, then stop stirring and cook, swirling skillet occasionally so sugar melts evenly, until it is dark amber.
- Add 1 1/4 cups cream (mixture will spatter) and cook, stirring, until all of caramel has dissolved.
- Transfer to a bowl and stir in sea salt and vanilla. Cool to room temperature.
- Meanwhile, bring milk, remaining cup cream, and remaining 1/4 cup sugar just to a boil in a small heavy saucepan, stirring occasionally.
- Lightly whisk eggs in a medium bowl, then add half of hot milk mixture in a slow stream, whisking constantly.
- Pour back into saucepan and cook over medium heat, stirring constantly with a wooden spoon, until custard coats back of spoon and registers 170°F on an instant-read thermometer (do not let boil).
- Pour custard through a fine-mesh sieve into a large bowl, then stir in cooled caramel.
- Chill custard, stirring occasionally, until very cold, 3 to 6 hours. Freeze custard in ice cream maker (it will still be quite soft), then transfer to an airtight container and put in freezer to firm up.
- Ice cream keeps 1 week.

Nutrition Facts

 **PROTEIN 5.23%**  **FAT 60.39%**  **CARBS 34.38%**

Properties

Glycemic Index:54.05, Glycemic Load:89.43, Inflammation Score:-9, Nutrition Score:22.049564926521%

Nutrients (% of daily need)

Calories: 1574.93kcal (78.75%), Fat: 108.09g (166.3%), Saturated Fat: 66.2g (413.75%), Carbohydrates: 138.47g (46.16%), Net Carbohydrates: 138.47g (50.35%), Sugar: 138.84g (154.27%), Cholesterol: 596.2mg (198.73%), Sodium: 807.86mg (35.12%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 21.06g (42.11%), Vitamin A: 4538.56IU (90.77%), Vitamin B2: 1.04mg (61.13%), Selenium: 34.13µg (48.75%), Vitamin D: 7.13µg (47.51%), Phosphorus: 427.08mg (42.71%), Calcium: 370.49mg (37.05%), Vitamin B12: 1.75µg (29.25%), Vitamin B5: 2.29mg (22.88%), Vitamin E: 3.31mg (22.08%), Potassium: 544.96mg (15.57%), Vitamin B6: 0.3mg (14.79%), Zinc: 2.13mg (14.17%), Folate: 45.96µg (11.49%), Magnesium: 42.52mg (10.63%), Vitamin B1: 0.15mg (10.13%), Iron: 1.65mg (9.16%), Vitamin K: 9.16µg (8.72%), Copper: 0.09mg (4.73%), Vitamin C: 1.61mg (1.95%), Manganese: 0.04mg (1.87%), Vitamin B3: 0.36mg (1.8%)