



Salted Caramel Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1.3 cups brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 3 large egg yolks
- ☐ 0.3 cup heavy cream
- ☐ 3.5 cups milk 2% reduced-fat
- ☐ 0.5 teaspoon flake salt
- ☐ 0.5 teaspoon sea salt

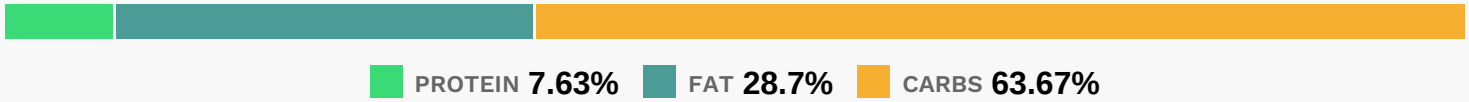
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ kitchen towels

Directions

- ☐ Place milk in a medium saucepan over medium-high heat.
- ☐ Heat to 180 or until tiny bubbles form around edge of pan (do not boil).
- ☐ Place egg yolks in a large bowl; stir with a whisk. Gradually add half of hot milk to yolks, stirring constantly. Return yolk mixture to pan.
- ☐ Combine sugar, cream, and butter in a large saucepan over medium heat; bring to a boil, stirring until sugar melts. Cook 3 minutes without stirring.
- ☐ Remove from heat; stir in sea salt. Gradually add caramel mixture to yolk mixture, stirring constantly. Return pan to low heat; cook until a thermometer registers 16
- ☐ Place pan in a large ice-filled bowl until completely cooled, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Drain ice water from freezer bucket; repack with salt and ice. Cover with kitchen towels, and let stand 1 hour or until firm. Scoop about 1/2 cup ice cream into each of 10 dishes; sprinkle evenly with flake salt.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.0265217196682%

Nutrients (% of daily need)

Calories: 192.49kcal (9.62%), Fat: 6.27g (9.65%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 31.3g (11.38%), Sugar: 31.06g (34.51%), Cholesterol: 71.42mg (23.81%), Sodium: 292.13mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Calcium: 132.93mg (13.29%), Vitamin B2: 0.19mg (11.26%), Phosphorus: 100.77mg (10.08%), Vitamin B12: 0.55µg (9.15%), Selenium: 5.44µg (7.78%), Vitamin A: 280.24IU (5.6%), Vitamin B5: 0.5mg (5%), Potassium: 163.81mg (4.68%), Zinc: 0.54mg (3.59%), Vitamin B6: 0.06mg (3.13%), Magnesium: 12.27mg (3.07%), Folate: 12.13µg (3.03%), Vitamin B1: 0.04mg (2.83%), Vitamin D: 0.37µg (2.47%), Iron: 0.36mg (2%), Manganese: 0.03mg (1.63%), Vitamin E: 0.24mg (1.62%), Copper: 0.02mg (1.13%)