



Scooped: Earl Grey and Lemon Cookie Dough Ice Cream

READY IN



360 min.

SERVINGS



2

CALORIES



1198 kcal

DESSERT

Ingredients

- 5 egg yolk
- 1.5 cups cup heavy whipping cream
- 1.5 cups milk
- 0.5 cup sugar
- 2 servings sugar cookie dough
- 2 TB tea (or 3-4 teabags)

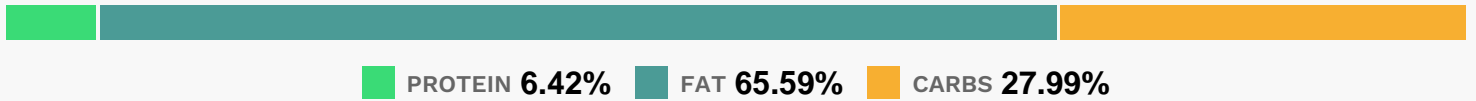
Equipment

- whisk
- pot
- sieve
- ice cream machine

Directions

- In a heavy bottomed pot, mix milk, cream and tea.
- Whisk egg yolks and sugar together until the color lightens, and temper into the warmed milk and cream.
- When the mixture thickens and holds a line on the back of a spoon, pour it through a strainer and chill in the refrigerator overnight, or at least 4 hours.
- Spin in your ice cream machine. When you remove the soft ice cream from the machine, mix in the chunks of cookie dough and freeze.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:38.15, Inflammation Score:-9, Nutrition Score:23.352173504622%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1198.13kcal (59.91%), Fat: 88.81g (136.63%), Saturated Fat: 50.55g (315.93%), Carbohydrates: 85.28g (28.43%), Net Carbohydrates: 84.98g (30.9%), Sugar: 76.21g (84.68%), Cholesterol: 713.29mg (237.77%), Sodium: 236.31mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.55g (39.09%), Vitamin A: 3581.52IU (71.63%), Phosphorus: 519.78mg (51.98%), Vitamin B2: 0.88mg (51.62%), Selenium: 35.35µg (50.51%), Vitamin D: 7.3µg (48.66%), Calcium: 404.09mg (40.41%), Vitamin B12: 2.16µg (35.96%), Vitamin B5: 2.57mg (25.66%), Folate: 94.37µg (23.59%), Vitamin E: 2.96mg (19.72%), Vitamin B1: 0.28mg (19%), Vitamin B6: 0.34mg (16.89%), Potassium: 548.1mg (15.66%), Zinc: 2.3mg (15.34%), Iron: 2.05mg (11.36%), Magnesium: 39.46mg (9.86%), Vitamin K: 9.48µg (9.03%), Manganese: 0.17mg (8.49%), Vitamin B3: 1.11mg (5.57%), Copper: 0.07mg (3.67%), Vitamin C: 1.07mg (1.3%), Fiber: 0.3g (1.19%)