



Scooped: Persimmon and Honey Ice Cream



Vegetarian



Gluten Free

READY IN



480 min.

SERVINGS



2

CALORIES



1547 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 1 tablespoon ginger minced grated
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 1 tablespoons juice of lemon
- ☐ 4 persimmon ripe
- ☐ 0.3 cup sugar
- ☐ 1.5 cups milk whole

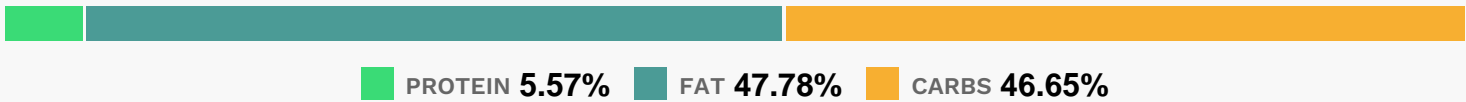
Equipment

- ☐ food processor
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ ice cream machine
- ☐ immersion blender

Directions

- ☐ Peel and roughly chop persimmons. In heavy pot over low heat, mix persimmons, ginger, milk and cream, and cook until persimmon pieces are soft, about 20 minutes.
- ☐ Blend mixture until smooth, either in pot using immersion blender, or by pouring into counter-top blender or food processor. Return to heat.
- ☐ Whisk egg yolks with sugar, and temper them into pot.
- ☐ Add honey slowly, tasting as you go. Different types of honey will have different flavors and intensities of sweetness, so you may want to add more or less than 1/4 cup.
- ☐ Add lemon juice a few drops at a time, until persimmon's tartness is brought out without distinct lemon flavor.
- ☐ Chill in refrigerator overnight and spin in ice cream machine according to manufacturer's instructions. Return to freezer for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:112.68, Glycemic Load:95.27, Inflammation Score:-9, Nutrition Score:32.027391203072%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1546.82kcal (77.34%), Fat: 86.07g (132.42%), Saturated Fat: 49.63g (310.16%), Carbohydrates: 189.07g (63.02%), Net Carbohydrates: 188.89g (68.69%), Sugar: 74.31g (82.56%), Cholesterol: 806.87mg (268.96%), Sodium: 149.49mg (6.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.13%), Vitamin C: 226.12mg (274.09%), Vitamin A: 3699.54IU (73.99%), Phosphorus: 589.81mg (58.98%), Iron: 10.27mg (57.06%), Selenium: 39.59µg (56.56%), Vitamin B2: 0.9mg (52.73%), Vitamin D: 7.78µg (51.9%), Calcium: 507.08mg (50.71%), Potassium: 1589.32mg (45.41%), Vitamin B12: 2.33µg (38.78%), Vitamin B5: 2.8mg (27.98%), Folate: 88.71µg (22.18%), Vitamin E: 3.15mg (20.98%), Vitamin B6: 0.38mg (19.12%), Zinc: 2.53mg (16.88%), Vitamin B1: 0.24mg (15.73%), Magnesium: 39.96mg (9.99%), Vitamin K: 6.64µg (6.33%), Copper: 0.09mg (4.46%), Manganese: 0.08mg (4.13%), Vitamin B3: 0.4mg (2.02%)