



Sherry Crema Catalana Ice Cream with Honeyed Figs



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 0.5 cinnamon sticks
- ☐ 8 large egg yolk
- ☐ 10 oz figs dried soft halved lengthwise (moist)
- ☐ 3 cups half and half
- ☐ 6 tablespoons honey
- ☐ 4 inch lemon zest fresh
- ☐ 1 cup orange juice fresh

- ☐ 6 servings orange zest
- ☐ 1 cup cooking sherry
- ☐ 0.5 cup sugar

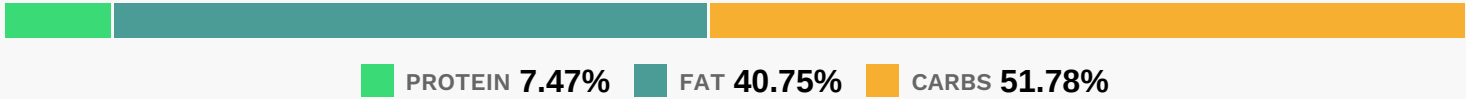
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ wax paper

Directions

- ☐ Bring half-and-half with lemon and orange zests and cinnamon stick just to a boil over moderate heat. Cover and let stand off heat 25 minutes, then reheat to a simmer. Discard zests and cinnamon stick.
- ☐ Whisk together yolks, sugar, and Sherry in a large bowl until smooth. Gradually whisk in hot milk mixture.
- ☐ Transfer custard to cleaned saucepan and cook over moderately low heat, stirring constantly, until thickened enough to coat back of a wooden spoon and an instant-read thermometer registers 170°F.
- ☐ Pour custard through a fine sieve into a bowl and cover surface with wax paper to prevent a skin from forming. Chill until thoroughly cold, about 3 hours. Freeze in an ice-cream maker.
- ☐ Transfer to an airtight container and freeze until firm.
- ☐ Bring figs, Sherry, juice, and honey, covered, to a boil in a small saucepan. Simmer, covered, just until figs are tender, about 40 minutes, then uncover and simmer until liquid is reduced to about 1 cup, about 8 minutes. Cool figs in syrup.
- ☐ Serve ice cream with honeyed figs and syrup.
- ☐ ·Ice cream can be made 3 days ahead.·You can also prepare figs 3 days ahead and chill, covered.

Nutrition Facts



Properties

Glycemic Index:42.56, Glycemic Load:27.71, Inflammation Score:-7, Nutrition Score:13.495217395865%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 459.02kcal (22.95%), Fat: 20.23g (31.13%), Saturated Fat: 10.71g (66.96%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 54.74g (19.9%), Sugar: 50.63g (56.26%), Cholesterol: 287.15mg (95.72%), Sodium: 89.07mg (3.87%), Alcohol: 4.12g (100%), Alcohol %: 1.61% (100%), Protein: 8.34g (16.69%), Vitamin C: 41.32mg (50.09%), Vitamin B2: 0.42mg (24.7%), Selenium: 17.15µg (24.5%), Phosphorus: 227.94mg (22.79%), Calcium: 209.33mg (20.93%), Vitamin A: 957.06IU (19.14%), Folate: 56.62µg (14.15%), Vitamin B5: 1.35mg (13.45%), Vitamin B6: 0.26mg (12.96%), Potassium: 445.77mg (12.74%), Fiber: 3.1g (12.41%), Vitamin B12: 0.67µg (11.2%), Vitamin B1: 0.16mg (10.61%), Manganese: 0.2mg (9.76%), Magnesium: 33.3mg (8.33%), Vitamin D: 1.22µg (8.16%), Zinc: 1.22mg (8.13%), Iron: 1.28mg (7.08%), Vitamin E: 1mg (6.65%), Copper: 0.1mg (5.18%), Vitamin K: 4.24µg (4.04%), Vitamin B3: 0.68mg (3.39%)