



Simply A'Maize'ing Corn Ice Cream

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

1119 kcal

DESSERT

Ingredients

- ☐ 0.5 cup firmly brown sugar light raw packed
- ☐ 1.3 cups corn kernels cooked
- ☐ 5 large egg yolks
- ☐ 1.3 cups milk
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups whipping cream

Equipment

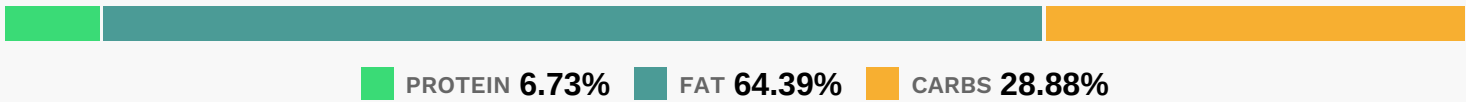
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a blender, pure 1 cup corn and 1/4 cup cream until very smooth.
- ☐ Rub pure through a fine strainer into a 10- to 12-inch frying pan.
- ☐ Add remaining corn and cream, along with milk and sugar. Stir over high heat until bubbles form at pan rim.
- ☐ In a small bowl, beat yolks to blend with about 1/2 cup of the hot corn mixture, then pour into the frying pan and stir over low heat until custard coats the back of a metal spoon thickly, about 9 minutes.
- ☐ Add vanilla.
- ☐ Set the pan in ice water and stir often until mixture is cold, about 15 minutes. Cover and chill at least 3 hours or up to 1 day.
- ☐ Pour cold mixture into an ice cream maker and freeze according to manufacturer's directions or until dasher is hard to turn.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:23.513477968133%

Nutrients (% of daily need)

Calories: 1118.69kcal (55.93%), Fat: 81.83g (125.9%), Saturated Fat: 48.2g (301.26%), Carbohydrates: 82.58g (27.53%), Net Carbohydrates: 80.53g (29.28%), Sugar: 70.94g (78.82%), Cholesterol: 679.01mg (226.34%), Sodium: 352.25mg (15.32%), Alcohol: 0.69g (100%), Alcohol %: 0.16% (100%), Protein: 19.24g (38.49%), Vitamin A: 3529.97IU (70.6%), Vitamin B2: 0.86mg (50.8%), Selenium: 33.33µg (47.61%), Phosphorus: 472.77mg (47.28%), Vitamin D: 6.83µg (45.52%), Calcium: 409.15mg (40.92%), Vitamin B12: 1.94µg (32.3%), Vitamin B5: 2.73mg (27.32%), Folate: 107.67µg (26.92%), Vitamin E: 2.91mg (19.38%), Potassium: 656.06mg (18.74%), Vitamin B6: 0.37mg (18.26%), Zinc: 2.38mg (15.85%), Vitamin B1: 0.23mg (15.6%), Magnesium: 51.44mg (12.86%), Iron: 2.01mg (11.16%), Manganese:

0.19mg (9.4%), Fiber: 2.05g (8.2%), Vitamin B3: 1.38mg (6.89%), Vitamin K: 6.47µg (6.16%), Copper: 0.12mg (5.75%),
Vitamin C: 2.71mg (3.29%)