



Sour Cream Chamomile Ice Cream



Vegetarian



Gluten Free

READY IN



285 min.

SERVINGS



8

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 1 cup half and half
- ☐ 1 pinch kosher salt
- ☐ 1 teaspoon lemon zest
- ☐ 2 cups cream sour
- ☐ 1.5 cups sugar
- ☐ 5 ginger tea bags fresh finely chopped

Equipment

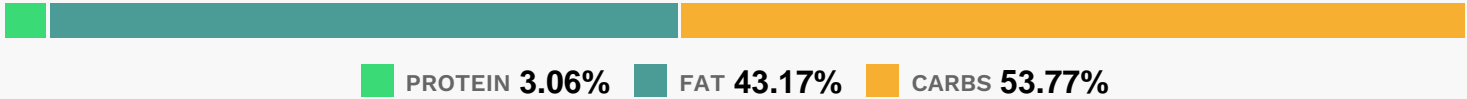
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Heat half-and-half to boiling in a small saucepan (if using tea bags).
- ☐ Add tea bags, remove from heat, and let steep 5 minutes. Press liquid from bags, discard them, and let liquid cool. For fresh chamomile, just stir it into cold half-and-half.
- ☐ Whisk together chamomile mixture, sour cream, salt, lemon zest, and sugar in a bowl until smooth.
- ☐ Freeze mixture in an ice cream maker according to manufacturer's directions until softly frozen, about 30 minutes.
- ☐ Transfer to a metal bowl, stir to distribute lemon zest, and freeze airtight until firm enough to scoop, at least 4 hours and as long as 1 week.
- ☐ *Grow your own, or try a farmers' market.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:2.8013043526722%

Nutrients (% of daily need)

Calories: 297.97kcal (14.9%), Fat: 14.75g (22.7%), Saturated Fat: 7.93g (49.59%), Carbohydrates: 41.35g (13.78%), Net Carbohydrates: 41.33g (15.03%), Sugar: 40.65g (45.16%), Cholesterol: 44.51mg (14.84%), Sodium: 41.51mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Vitamin B2: 0.16mg (9.57%), Vitamin A: 465.43IU (9.31%), Calcium: 91.16mg (9.12%), Phosphorus: 72.47mg (7.25%), Selenium: 3.32µg (4.75%), Potassium: 112.96mg (3.23%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.28mg (2.81%), Magnesium: 8.81mg (2.2%), Zinc: 0.31mg (2.08%), Vitamin E: 0.29mg (1.97%), Vitamin B6: 0.04mg (1.96%), Vitamin B1: 0.02mg (1.38%), Vitamin C: 1.11mg (1.35%), Vitamin K: 1.26µg (1.2%), Folate: 4.39µg (1.1%)