



Strawberries Romanoff with Crème Fraîche Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups buttermilk well
- ☐ 2 cups crème fraîche
- ☐ 6 large egg yolk
- ☐ 2 tablespoons orange liqueur
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 0.3 cup orange juice

- ☐ 0.5 teaspoon orange zest finely grated
- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 20 ounces strawberries fresh hulled quartered
- ☐ 0.7 cup sugar

Equipment

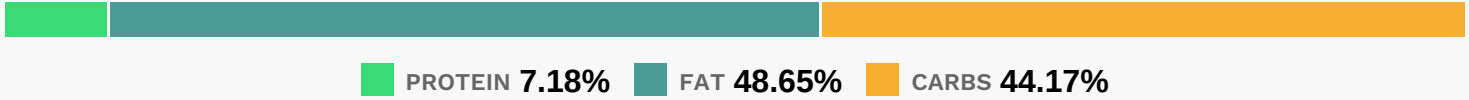
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Place fine strainer over large glass bowl. Fill another bowl (larger than bowl with strainer) halfway with ice and water.
- ☐ Whisk sugar and egg yolks in third large bowl to blend.
- ☐ Combine crème fraîche, buttermilk, lemon juice, lemon peel, and salt in heavy large saucepan. Stir constantly over medium heat just until hot (do not allow mixture to boil), about 4 minutes. Gradually whisk crème fraîche mixture into yolk mixture. Return mixture to same saucepan. Stir constantly over medium heat just until instant-read thermometer inserted into custard registers 170°F and custard thickens very slightly, about 4 minutes (do not boil).
- ☐ Pour custard through strainer set over bowl. Set bowl with custard in bowl filled with ice water; whisk occasionally until custard is cold. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Transfer custard to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer ice cream to container; cover and freeze until firm, at least 6 hours. DO AHEAD: Ice cream can be made 3 days ahead. Keep frozen.
- ☐ Toss quartered berries, orange juice, powdered sugar, Grand Marnier, and orange peel in medium bowl. Cover and refrigerate at least 1 hour. DO AHEAD: Can be made 4 hours ahead. Keep chilled.
- ☐ Scoop ice cream into 6 dessert glasses or bowls. Top with berry mixture.

- ☐
- Garnish each serving with 1 whole berry and serve.
- ☐
- * Available at most supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:19.12, Inflammation Score:-6, Nutrition Score:13.713043492773%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.48mg, Pelargonidin: 23.48mg, Pelargonidin: 23.48mg, Pelargonidin: 23.48mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 399.98kcal (20%), Fat: 21.76g (33.48%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 42.46g (15.44%), Sugar: 39.89g (44.32%), Cholesterol: 235.43mg (78.48%), Sodium: 103.22mg (4.49%), Alcohol: 1.3g (100%), Alcohol %: 0.56% (100%), Protein: 7.23g (14.46%), Vitamin C: 63.26mg (76.68%), Selenium: 15.15µg (21.64%), Vitamin B2: 0.35mg (20.73%), Phosphorus: 200.6mg (20.06%), Manganese: 0.39mg (19.43%), Calcium: 186.03mg (18.6%), Vitamin A: 854.88IU (17.1%), Folate: 58.81µg (14.7%), Vitamin B12: 0.77µg (12.81%), Vitamin B5: 1.14mg (11.37%), Vitamin D: 1.7µg (11.32%), Potassium: 366.39mg (10.47%), Vitamin B6: 0.16mg (8.17%), Fiber: 1.99g (7.96%), Vitamin B1: 0.11mg (7.12%), Magnesium: 28.35mg (7.09%), Vitamin E: 1.06mg (7.04%), Zinc: 1.02mg (6.78%), Iron: 0.97mg (5.38%), Copper: 0.1mg (4.84%), Vitamin K: 3.54µg (3.37%), Vitamin B3: 0.55mg (2.74%)