



Strawberry Mint Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- 3 large egg yolks
- 1 ounce mint leaves fresh
- 2 cups half-and-half
- 1.3 cups milk 2% reduced-fat
- 2 cups strawberries fresh chopped
- 1.5 cups sugar divided
- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- kitchen thermometer
- microwave

Directions

- Combine half-and-half and milk in a heavy saucepan; bring to a boil.
- Combine 1/2 cup sugar and egg yolks; beat with a mixer at high speed until thick and pale. Gradually add half of hot milk mixture to yolk mixture, stirring constantly with a whisk. Return milk mixture to pan. Reduce heat to medium-low, and cook 2 minutes or until a thermometer registers 160, stirring constantly.
- Remove from heat.
- Place pan in a large ice-filled bowl. Cool milk mixture completely, stirring occasionally.
- Combine remaining 1 cup sugar and 1/2 cup water in a microwave-safe dish; microwave at high 2 1/2 minutes or until sugar dissolves.
- Add mint to hot syrup; steep for 5 minutes.
- Remove mint; discard.
- Pour syrup over berries; let stand for 20 minutes.
- Add berries and syrup to milk mixture; stir well. Cover and chill, stirring occasionally.
- Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon the ice cream into a freezer-safe container; cover and freeze for 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:27, Inflammation Score:-4, Nutrition Score:6.8417391517888%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 276.6kcal (13.83%), Fat: 9.64g (14.83%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 44.24g (16.09%), Sugar: 43.59g (48.43%), Cholesterol: 92.97mg (30.99%), Sodium: 59.87mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin C: 22.91mg (27.77%), Vitamin B2: 0.24mg (14.34%), Calcium: 132.4mg (13.24%), Phosphorus: 127.49mg (12.75%), Vitamin A: 498.57IU (9.97%), Selenium: 6.8µg (9.71%), Manganese: 0.19mg (9.57%), Vitamin B12: 0.43µg (7.25%), Folate: 25.65µg (6.41%), Potassium: 214.43mg (6.13%), Vitamin B5: 0.55mg (5.54%), Magnesium: 18.09mg (4.52%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.65mg (4.36%), Fiber: 1g (4.01%), Vitamin B1: 0.06mg (3.69%), Iron: 0.56mg (3.1%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.32%), Vitamin D: 0.34µg (2.29%), Vitamin K: 1.7µg (1.62%), Vitamin B3: 0.3mg (1.5%)