

Strawberry Rosewater Ice Cream

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



2

CALORIES



1125 kcal

DESSERT

Ingredients

- 3 egg yolk beaten
- 1 pint cup heavy whipping cream
- 0.5 pint milk
- 0.3 cup rosewater
- 0.3 teaspoon salt
- 1.5 cups strawberries fresh hulled
- 0.3 cup granulated sugar white

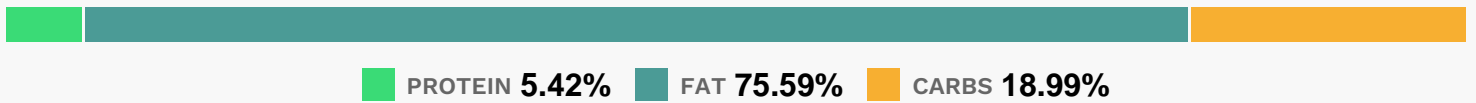
Equipment

- bowl
- sauce pan
- potato masher
- ice cream machine

Directions

- Combine the strawberries and 1/3 cup sugar in a bowl; mash together with a potato masher. Store the mixture in the refrigerator while preparing the rest of the recipe.
- Stir together the egg yolks, milk, salt and 1/3 cup sugar in a saucepan over medium heat.
- Heat to 175 degrees F (80 degrees C), making sure the mixture does not boil; transfer to a chilled bowl and move to the refrigerator to cool, stirring occasionally. Once cooled, stir in the cream, rosewater, and strawberry mixture.
- Fill an ice cream maker with the mixture, and freeze according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:74.05, Glycemic Load:27.82, Inflammation Score:-9, Nutrition Score:24.836956428445%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 1125.21kcal (56.26%), Fat: 96.78g (148.89%), Saturated Fat: 59.21g (370.06%), Carbohydrates: 54.71g (18.24%), Net Carbohydrates: 52.55g (19.11%), Sugar: 51.3g (57%), Cholesterol: 573.14mg (191.05%), Sodium: 413.89mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Vitamin A: 4071.78IU (81.44%), Vitamin C: 64.92mg (78.7%), Vitamin B2: 0.78mg (45.92%), Vitamin D: 6.54µg (43.63%), Phosphorus: 387.92mg (38.79%), Selenium: 25.1µg (35.85%), Calcium: 354.27mg (35.43%), Vitamin B12: 1.54µg (25.73%), Manganese: 0.44mg (22.05%), Vitamin E: 3.25mg (21.64%), Vitamin B5: 1.99mg (19.87%), Folate: 74.8µg (18.7%), Potassium: 597.6mg (17.07%), Vitamin B6: 0.3mg (15.01%), Vitamin B1: 0.19mg (12.47%), Zinc: 1.83mg (12.19%), Magnesium: 46.15mg (11.54%), Vitamin K: 10.49µg (9.99%), Fiber: 2.16g (8.64%), Iron: 1.44mg (7.98%), Copper: 0.1mg (5.12%), Vitamin B3: 0.7mg (3.49%)