



WHATSheATE



## Sweet Corn Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

DESSERT

### Ingredients

- ☐ 2 ears corn
- ☐ 4 egg yolks
- ☐ 1 cup heavy whipping cream
- ☐ 1.5 cups milk
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract

### Equipment

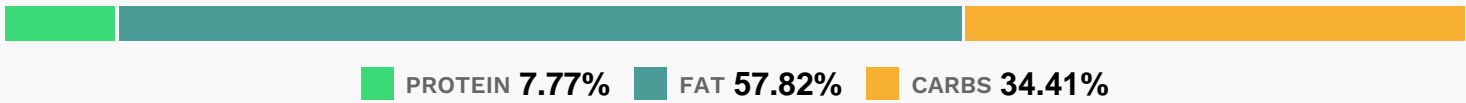
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ plastic wrap
- ☐ ice cream machine
- ☐ box grater

## Directions

- ☐ Set a box grater in a large bowl. Using the large holes, grate corn kernels (and their "milk") off the cobs. Discard cobs.
- ☐ In a medium saucepan over medium heat, combine cream, milk, and corn. Bring to a simmer. Meanwhile, in a medium bowl, whisk sugar and egg yolks until pale and thick. When cream mixture reaches a simmer, slowly ladle 1/2 cup of it into egg mixture, whisking constantly. Repeat with another 1/2-cup ladleful. Reduce heat to low, whisk warmed egg mixture into saucepan, and cook, whisking, until mixture thickens a bit, about 5 minutes.
- ☐ Pour mixture into a medium bowl, stir in vanilla, cover with plastic wrap (letting the wrap sit directly on the mixture's surface), and chill at least 2 hours and up to 1 day.
- ☐ Freeze in an ice cream maker according to manufacturer's instructions.
- ☐ Serve immediately or transfer to an airtight plastic container and freeze up to overnight.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:9.54, Inflammation Score:-4, Nutrition Score:5.4239131004914%

## Nutrients (% of daily need)

Calories: 225.77kcal (11.29%), Fat: 14.93g (22.97%), Saturated Fat: 8.63g (53.91%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.54g (7.11%), Sugar: 17.03g (18.93%), Cholesterol: 136.31mg (45.44%), Sodium: 33.26mg (1.45%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.51g (9.02%), Vitamin A: 683.29IU (13.67%), Phosphorus: 118.6mg (11.86%), Vitamin B2: 0.18mg (10.68%), Selenium: 7.01µg (10.02%), Vitamin D: 1.47µg (9.77%), Calcium: 88.12mg (8.81%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.68mg (6.77%), Folate: 23.78µg (5.95%), Vitamin B1: 0.08mg (5.49%), Potassium: 168.07mg (4.8%), Vitamin B6: 0.09mg (4.54%), Magnesium: 16.38mg

(4.09%), Zinc: 0.57mg (3.81%), Vitamin E: 0.54mg (3.63%), Vitamin B3: 0.47mg (2.34%), Manganese: 0.04mg (2.24%), Iron: 0.4mg (2.22%), Vitamin C: 1.71mg (2.07%), Fiber: 0.45g (1.8%), Copper: 0.02mg (1.19%), Vitamin K: 1.22µg (1.16%)