



Sweet Corn Ice Cream



Vegetarian



Gluten Free

READY IN



230 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 4 ears shucked corn
- ☐ 6 large egg yolks
- ☐ 1 cup half-and-half
- ☐ 3 cups milk 2% divided reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Cut kernels from ears of corn; set cobs aside.
- ☐ Combine kernels and 1 cup milk in a blender; process until smooth.
- ☐ Combine corn mixture, remaining 2 cups milk, sugar, and salt in a medium, heavy saucepan.
- ☐ Cut cobs into thirds; add cobs to pan.
- ☐ Heat corn mixture over medium heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat; let stand 1 hour. Discard cobs.
- ☐ Return pan to medium heat; heat to 18
- ☐ Combine half-and-half and egg yolks in a medium bowl, stirring with a whisk. Gradually add half of hot milk mixture to egg mixture, stirring constantly with a whisk.
- ☐ Pour egg yolk mixture into pan with remaining milk mixture; cook over medium heat 2 minutes or until a thermometer registers 160, stirring constantly.
- ☐ Pour mixture through a fine sieve over a bowl, pressing lightly with a wooden spoon; discard solids.
- ☐ Place bowl in a large ice-filled bowl. Cool completely, stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-4, Nutrition Score:7.9847826232081%

Nutrients (% of daily need)

Calories: 235.82kcal (11.79%), Fat: 9.28g (14.27%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 32.2g (11.71%), Sugar: 27.33g (30.36%), Cholesterol: 155.37mg (51.79%), Sodium: 145.78mg (6.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.73%), Phosphorus: 199.93mg (19.99%), Vitamin B2: 0.32mg (18.71%), Calcium: 156.15mg (15.61%), Selenium: 10.7µg (15.29%), Vitamin B12: 0.78µg (12.92%), Vitamin B5: 1.11mg (11.06%), Folate: 42.85µg (10.71%), Vitamin A: 465.36IU (9.31%), Vitamin B1: 0.14mg (9.05%), Potassium: 299.62mg (8.56%), Magnesium: 30.05mg (7.51%), Zinc: 1.05mg (6.97%), Vitamin B6: 0.14mg (6.76%), Manganese: 0.09mg (4.7%), Vitamin D: 0.69µg (4.59%), Vitamin B3: 0.91mg (4.57%), Vitamin C: 3.51mg (4.25%), Fiber: 0.9g (3.6%), Iron: 0.62mg (3.47%), Vitamin E: 0.46mg (3.08%), Copper: 0.04mg (2.18%)