



Toasted Coconut and Lime Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



120 min.

SERVINGS



2

CALORIES



1733 kcal

DESSERT

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 6 egg yolk
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons lime zest grated
- ☐ 0.8 cup sugar
- ☐ 6 ounces coconut sweetened packed
- ☐ 1 cup milk whole

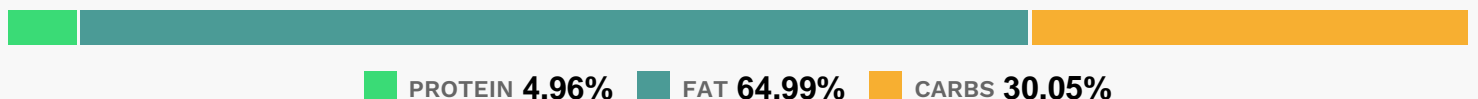
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ measuring cup
- ☐ ice cream machine

Directions

- ☐ Heat oven to 350°F with an oven rack positioned in the middle.
- ☐ Spread coconut thinly and very evenly across a half sheet pan and toast just until coconut edges begin to brown and turn aromatic, 2 to 4 minutes. Do not overbake coconut or ice cream will taste burnt.
- ☐ Transfer coconut to a medium saucepan and cover with cream and milk. Bring to a boil, stir to combine, and remove from heat. Cover and let steep for 1 hour.
- ☐ In a heavy medium saucepan, whisk together egg yolks and sugar until lighter in color and slightly thickened.
- ☐ Strain dairy through a fine mesh strainer into a large measuring cup or a bowl with a pouring spout. Press very firmly on coconut shreds to strain as much liquid out as possible. Very slowly pour dairy into saucepan with eggs, whisking constantly, until fully combined. Cook on medium heat, stirring frequently, until a custard forms on the back of a spoon and a swiped finger leaves a clean line.
- ☐ Strain custard into an airtight container and stir in lime zest and salt to taste. Chill overnight, or at least 6 hours, then strain chilled custard into ice cream maker (to remove lime zest) and churn according to manufacturer's instructions.
- ☐ Transfer ice cream to airtight container and chill for at least 4 hours in freezer before serving.
- ☐ Garnish with lime zest and toasted coconut flakes if desired.

Nutrition Facts



Properties

Glycemic Index:70.05, Glycemic Load:54.57, Inflammation Score:-9, Nutrition Score:30.390434845634%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1733.45kcal (86.67%), Fat: 128.19g (197.21%), Saturated Fat: 84.62g (528.87%), Carbohydrates: 133.36g (44.45%), Net Carbohydrates: 124.88g (45.41%), Sugar: 119.3g (132.56%), Cholesterol: 866.78mg (288.93%), Sodium: 961.09mg (41.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.05%), Vitamin A: 4475.92IU (89.52%), Selenium: 53.85µg (76.93%), Phosphorus: 557.27mg (55.73%), Vitamin B2: 0.93mg (54.61%), Vitamin D: 8.07µg (53.77%), Manganese: 0.86mg (42.86%), Calcium: 387.93mg (38.79%), Vitamin B12: 2.09µg (34.88%), Fiber: 8.48g (33.9%), Vitamin B5: 2.8mg (28%), Vitamin E: 3.65mg (24.32%), Folate: 91.07µg (22.77%), Potassium: 778.65mg (22.25%), Zinc: 2.93mg (19.52%), Magnesium: 77.51mg (19.38%), Vitamin B6: 0.37mg (18.65%), Iron: 3.05mg (16.95%), Copper: 0.33mg (16.34%), Vitamin B1: 0.22mg (14.95%), Vitamin K: 8.37µg (7.97%), Vitamin B3: 0.89mg (4.45%), Vitamin C: 2.01mg (2.44%)