



## Toasted Vanilla Ice Cream with Roasted Plums

 Vegetarian

READY IN



960 min.

SERVINGS



3

CALORIES



1063 kcal

DESSERT

### Ingredients

- 1 tablespoons bourbon
- 7 egg yolk
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 2 cups cup heavy whipping cream
- 2 cups milk
- 1 quart plums pitted quartered

- 1 pinch salt
- 0.5 cup sugar
- 1 vanilla pod split
- 2 tablespoons water

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- sieve
- stove
- microwave
- ice cream machine
- dutch oven

## Directions

- Combine sugar, salt, vanilla bean and water in medium saucepan and set over high heat. Allow to cook until bubbling slows and sugar starts to caramelize, about 10 minutes. Lower heat and watch carefully, when caramel is the color of clover honey, remove from heat entirely and slowly and carefully pour in milk and cream. Set over low heat and cook, stirring occasionally, until all seized caramel is melted and liquid is a uniform creamy honey color.
- Place yolks in a medium mixing bowl and whisk to lightly scramble. Slowly pour hot liquid into egg yolks, whisking constantly, then return mixture to pan and cook over low heat, stirring constantly, until thick enough to coat the back of a spoon. Immediately pass through a fine mesh strainer and chill for at least 12 hours. Process in ice cream machine according to manufacturer's instructions, and let churned ice cream set up in freezer for at least 2 hours before scooping.
- Place rack in center of oven and preheat to 400°F.

- Place sugar, salt and water in an oven-safe pot or Dutch oven and place over medium-high heat, cooking until golden in color, about 8 minutes.
- Remove from heat and carefully add plums, spices and bourbon. Return to heat and cook, stirring occasionally, until any seized caramel is melted and plums are juicy.
- Place in oven for 10 minutes, then remove and allow to cool slightly before pouring over scoops of ice cream. Any leftover can be refrigerated and rewarmed in the microwave or on the stovetop for future ice cream servings.

## Nutrition Facts

**PROTEIN 6.93%**

**FAT 62.24%**

**CARBS 30.83%**

### Properties

Glycemic Index:78.92, Glycemic Load:38.39, Inflammation Score:-10, Nutrition Score:27.543478343798%

### Flavonoids

Cyanidin: 17.76mg, Cyanidin: 17.76mg, Cyanidin: 17.76mg, Cyanidin: 17.76mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg, Epicatechin: 10.09mg Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg, Epicatechin 3-gallate: 2.4mg Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

### Nutrients (% of daily need)

Calories: 1063.06kcal (53.15%), Fat: 74.92g (115.27%), Saturated Fat: 43.63g (272.7%), Carbohydrates: 83.52g (27.84%), Net Carbohydrates: 78.96g (28.71%), Sugar: 77.31g (85.9%), Cholesterol: 652.41mg (217.47%), Sodium: 138.7mg (6.03%), Alcohol: 1.67g (100%), Alcohol %: 0.29% (100%), Protein: 18.76g (37.52%), Vitamin A: 4290.58IU (85.81%), Vitamin B2: 0.83mg (49.03%), Phosphorus: 471.53mg (47.15%), Selenium: 31.67µg (45.25%), Vitamin D: 6.6µg (43.97%), Calcium: 380.72mg (38.07%), Vitamin C: 30.93mg (37.49%), Vitamin B12: 1.95µg (32.52%), Vitamin B5: 2.69mg (26.94%), Potassium: 940.04mg (26.86%), Vitamin K: 26.1µg (24.86%), Vitamin E: 3.45mg (22.99%), Folate: 83.6µg (20.9%), Vitamin B6: 0.39mg (19.74%), Vitamin B1: 0.29mg (19.07%), Fiber: 4.56g (18.25%), Zinc: 2.35mg (15.66%), Manganese: 0.29mg (14.35%), Magnesium: 55.67mg (13.92%), Copper: 0.24mg (11.96%), Iron: 1.91mg (10.62%), Vitamin B3: 1.62mg (8.09%)