

Trio of Ice Creams



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



596 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar packed ()
- ☐ 10 large egg yolk
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons culinary lavender buds fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 teaspoon saffron threads (scant)
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

- ☐ 0.3 cup water
- ☐ 4 cups whipping cream
- ☐ 0.3 cup almonds whole toasted
- ☐ 2 cups milk whole

Equipment

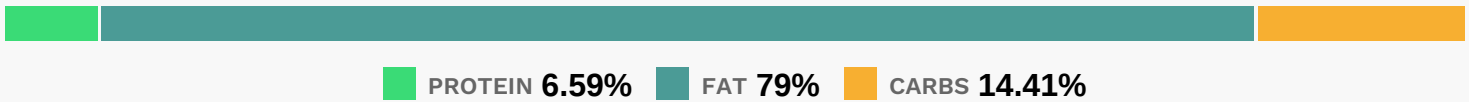
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ ice cream machine
- ☐ pastry brush

Directions

- ☐ Butter baking sheet. Stir first 3 ingredients in heavy small saucepan over low heat until sugar dissolves. Increase heat; boil without stirring until syrup turns amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 5 minutes.
- ☐ Remove from heat; stir in nuts and peel. Immediately pour onto prepared sheet. Cool completely. Chop nougat.
- ☐ Simmer 3 tablespoons water and saffron in small saucepan until reduced by half, about 1 minute. Stir in honey. Set aside.
- ☐ Simmer 1/4 cup water and lavender in small saucepan until reduced by half, 1 minute.
- ☐ Add sugar; stir to dissolve. Simmer 2 minutes to thicken syrup slightly. Stir in honey. Set aside.
- ☐ Bring cream and milk to simmer in heavy large saucepan.
- ☐ Whisk yolks to blend in large bowl. Gradually whisk hot cream mixture into yolks. Return mixture to same saucepan. Stir constantly over medium-low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 10 minutes (do not boil). Divide custard among 3 bowls (about 2 cups custard in each bowl).

- ☐
- Stir nougat, brown sugar and pinch of salt into 1 bowl of hot custard.
- ☐
- Whisk honey-saffron mixture into custard in second bowl.
- ☐
- Whisk lavender mixture into custard in third bowl. Cool mixtures completely, stirring occasionally (nougat will dissolve). Chill nougat and honey-saffron custards until cold. Chill lavender custard at least 4 hours or overnight. Strain; discard lavender in strainer.
- ☐
- Process ice cream custards separately in ice cream maker according to manufacturer's instructions. Freeze in covered containers. (Can be made 1 week ahead.)

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:7.76, Inflammation Score:-8, Nutrition Score:12.736956435701%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 596.41kcal (29.82%), Fat: 53.55g (82.38%), Saturated Fat: 30.76g (192.25%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 21.19g (7.71%), Sugar: 20.24g (22.49%), Cholesterol: 371.29mg (123.76%), Sodium: 71.91mg (3.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Vitamin A: 2159.42IU (43.19%), Vitamin B2: 0.49mg (28.91%), Vitamin D: 3.72µg (24.82%), Selenium: 16.99µg (24.27%), Phosphorus: 242.55mg (24.26%), Vitamin E: 3.2mg (21.33%), Calcium: 203.26mg (20.33%), Vitamin B12: 0.93µg (15.57%), Vitamin B5: 1.2mg (12.03%), Folate: 38.62µg (9.65%), Magnesium: 33.31mg (8.33%), Vitamin B6: 0.16mg (8.22%), Zinc: 1.22mg (8.17%), Potassium: 278.82mg (7.97%), Manganese: 0.16mg (7.94%), Vitamin B1: 0.11mg (7.19%), Iron: 0.99mg (5.52%), Copper: 0.1mg (4.83%), Vitamin K: 4.14µg (3.94%), Fiber: 0.78g (3.13%), Vitamin B3: 0.37mg (1.86%), Vitamin C: 1.23mg (1.49%)