



True Vanilla Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 5 large egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup sugar
- ☐ 0.5 vanilla extract (or 1 teaspoon vanilla extract)
- ☐ 1 cup milk whole

Equipment

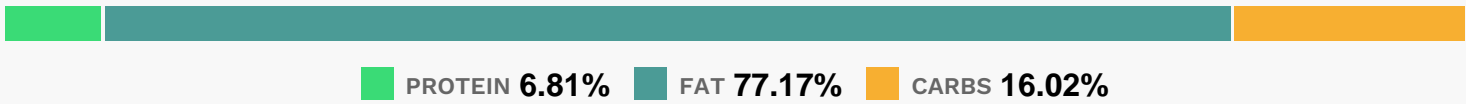
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Combine 1 1/2 cups heavy cream, 1 cup whole milk, 1/4 cup sugar, and a pinch of kosher salt in a medium saucepan. Split 1/2 vanilla bean lengthwise and scrape in seeds; add pod (or use 1 teaspoon vanilla extract). Bring mixture just to a simmer, stirring to dissolve sugar.
- ☐ Remove from heat. If using vanilla bean, cover; let sit 30 minutes.
- ☐ Whisk 5 large egg yolks and 1/4 cup sugar in a medium bowl until pale, about 2 minutes. Gradually whisk in 1/2 cup warm cream mixture.
- ☐ Whisk yolk mixture into remaining cream mixture. Cook over medium heat, stirring constantly, until thick enough to coat a wooden spoon, 2–3 minutes. Strain custard into a medium bowl set over a bowl of ice water; let cool, stirring occasionally. Process custard in an ice cream maker according to manufacturer's instructions.
- ☐ Transfer to an airtight container; cover. Freeze until firm, at least 4 hours and up to 1 week.

Nutrition Facts



Properties

Glycemic Index:36.03, Glycemic Load:13.08, Inflammation Score:-8, Nutrition Score:12.676956689876%

Nutrients (% of daily need)

Calories: 609.28kcal (30.46%), Fat: 53.12g (81.73%), Saturated Fat: 31.59g (197.43%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 24.82g (9.02%), Sugar: 24.2g (26.89%), Cholesterol: 450.23mg (150.08%), Sodium: 89.74mg (3.9%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 10.55g (21.1%), Vitamin A: 2289.63IU (45.79%), Selenium: 21.08µg (30.12%), Vitamin D: 4.33µg (28.86%), Vitamin B2: 0.49mg (28.76%), Phosphorus: 261.68mg (26.17%), Calcium: 215.32mg (21.53%), Vitamin B12: 1.18µg (19.7%), Vitamin B5: 1.45mg (14.54%), Vitamin E: 1.87mg (12.44%), Folate: 46.13µg (11.53%), Vitamin B6: 0.19mg (9.52%), Zinc: 1.27mg (8.48%), Vitamin B1: 0.12mg (7.95%), Potassium: 266.52mg (7.61%), Iron: 0.9mg (5.01%), Magnesium: 19.53mg (4.88%), Vitamin K: 4.25µg (4.05%), Copper: 0.04mg (1.85%), Manganese: 0.02mg (1.06%)