



Vanilla Bean and Fresh Mint Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1624 kcal

DESSERT

Ingredients

- ☐ 2 egg yolks
- ☐ 1 cup mint leaves fresh coarsely chopped
- ☐ 3 cups heavy cream
- ☐ 0.5 cup honey
- ☐ 1 vanilla pod ([get them here](#))
- ☐ 1 cup milk whole

Equipment

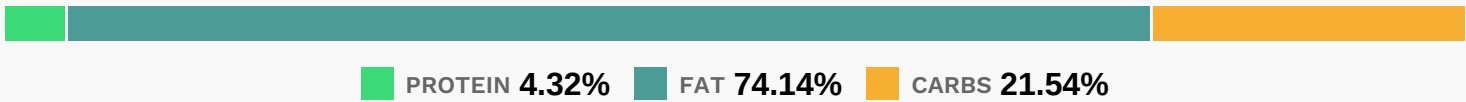
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ ice cream machine

Directions

- ☐ Whisk the cream and milk together, and pour them into a saucepan set over medium-low heat. When the milk and cream begin to bubble ever so slightly at the edges of the pan, stir in the honey until it dissolves. Turn off the heat. Toss the mint into the saucepan. Take a paring knife, and cut a slit length-wise in the vanilla bean, then toss it in with the liquid ingredients and the mint. Cover the pot, and let the vanilla bean and mint steep in the sweetened milk for 20 minutes. Strain into a mixing bowl, cover it well and transfer it to the refrigerator until cold - about 2 hours. When the ice cream mix has grown cold, remove it from the fridge and whisk in the egg yolks until thoroughly combined and uniform.
- ☐ Pour the mix into an ice cream maker (I use this one.), and freeze according to the ice cream maker's manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:45.14, Glycemic Load:38.58, Inflammation Score:-10, Nutrition Score:25.133478102477%

Flavonoids

Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg

Nutrients (% of daily need)

Calories: 1624.22kcal (81.21%), Fat: 138.14g (212.52%), Saturated Fat: 86.15g (538.46%), Carbohydrates: 90.29g (30.1%), Net Carbohydrates: 88.32g (32.12%), Sugar: 85.97g (95.53%), Cholesterol: 612.45mg (204.15%), Sodium: 161.76mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Vitamin A: 6660.9IU (133.22%), Vitamin B2: 1.03mg (60.39%), Vitamin D: 8.03µg (53.51%), Calcium: 468.66mg (46.87%), Phosphorus: 420.3mg

(42.03%), Selenium: 23.79µg (33.98%), Vitamin B12: 1.58µg (26.35%), Vitamin E: 3.81mg (25.4%), Potassium: 713.86mg (20.4%), Vitamin B5: 2.04mg (20.37%), Manganese: 0.35mg (17.54%), Folate: 67.9µg (16.98%), Vitamin B6: 0.31mg (15.59%), Magnesium: 60.22mg (15.06%), Zinc: 2.21mg (14.71%), Iron: 2.35mg (13.04%), Vitamin B1: 0.19mg (12.66%), Vitamin C: 9.72mg (11.78%), Vitamin K: 11.92µg (11.35%), Copper: 0.16mg (7.94%), Fiber: 1.97g (7.88%), Vitamin B3: 0.85mg (4.24%)