



Vanilla Bean Ice Cream

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



325 kcal

DESSERT

Ingredients

- 1 vanilla pod
- 1.3 cups milk whole
- 4 egg yolk
- 0.7 cup caster sugar
- 1.3 cups cup heavy whipping cream

Equipment

- bowl
- sauce pan

- knife
- whisk
- plastic wrap
- hand mixer
- roasting pan
- wooden spoon
- ice cream machine

Directions

- Split the bean lengthwise and use the tip of a sharp knife to scrape out the seeds.
- Place the vanilla bean and seeds in a saucepan along with the milk.
- Place over medium heat until hot but not boiling.
- Remove from the heat and let infuse for 30 minutes.
- Mix the egg yolks and sugar in a medium bowl.
- Remove and discard the vanilla bean from the infused milk. Gradually blend the infused milk into the yolk mixture, using a wooden spoon or a whisk, then set aside while you wash and dry the saucepan you used to infuse the milk.
- Return the milk mixture to the clean saucepan and cook over medium-low heat, stirring constantly, until the custard has thickened sufficiently to coat the back of a wooden spoon. Do not allow the mixture to boil or it will curdle.
- Strain the mixture into a bowl and let it cool slightly. Cover with plastic wrap, gently pressing the wrap directly against the surface of the custard to prevent a film from forming, then refrigerate until chilled through, maybe 4 to 6 hours if you're impatient or, preferably, 24 hours if you're the sort who can tolerate a little anticipation. (Here's the thing. The longer the custard stands in the refrigerator, the more flavor will develop.)
- Stir the cream into the custard. If using an ice cream maker, follow the manufacturer's directions. If using your own devices, transfer the mixture into a shallow freezer-proof container, such as a roasting pan, and freeze until ice crystals form at the edges, about 2 hours. Turn it into a bowl and beat with a hand-held electric mixer or a whisk.
- Pour the mixture back into the container and return to the freezer. Repeat every 2 hours until the ice cream is completely frozen.

Nutrition Facts

PROTEIN 6% FAT 62.03% CARBS 31.97%

Properties

Glycemic Index:18.02, Glycemic Load:16.42, Inflammation Score:-5, Nutrition Score:5.8882609294808%

Nutrients (% of daily need)

Calories: 325.24kcal (16.26%), Fat: 22.9g (35.23%), Saturated Fat: 13.5g (84.35%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 26.55g (9.66%), Sugar: 26.14g (29.04%), Cholesterol: 191.73mg (63.91%), Sodium: 38.69mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Vitamin A: 984.27IU (19.69%), Vitamin B2: 0.23mg (13.59%), Vitamin D: 2µg (13.34%), Selenium: 9.31µg (13.3%), Phosphorus: 126.9mg (12.69%), Calcium: 110.95mg (11.1%), Vitamin B12: 0.59µg (9.8%), Vitamin B5: 0.67mg (6.75%), Vitamin E: 0.79mg (5.27%), Folate: 19.5µg (4.88%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.61mg (4.04%), Vitamin B1: 0.06mg (3.97%), Potassium: 136.88mg (3.91%), Magnesium: 10.17mg (2.54%), Iron: 0.39mg (2.16%), Vitamin K: 1.82µg (1.74%)