



Vanilla Bean Ice Cream

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



10

CALORIES



280 kcal

DESSERT

Ingredients

- 6 large egg yolk
- 0.7 cup granulated sugar
- 1 cup half and half
- 2 cups cup heavy whipping cream
- 2 vanilla pod split

Equipment

- bowl
- frying pan

- sauce pan
- whisk
- sieve
- ice cream machine

Directions

- Prepare an ice water bath by filling a large bowl halfway with ice and water; set aside.
- Combine cream, half-and-half, sugar, and vanilla beans and seeds in a medium saucepan and bring to a simmer over medium heat, stirring occasionally until sugar is dissolved, about 12 minutes. Meanwhile, whisk egg yolks in a second large bowl until smooth.
- Remove cream mixture from heat and slowly pour about 1 cup into the egg yolks, whisking constantly until smooth.
- Pour cream-egg mixture back into the pan and cook over low heat, stirring constantly, until custard coats the spoon, about 2 minutes. (When you draw your finger across the spoon, it should make a mark through the custard, which should not run back in on itself.)
- Remove custard from heat and strain through a fine-mesh strainer into a third large heatproof bowl to remove any lumps, scraping as much vanilla bean through the strainer as possible.
- Remove vanilla bean pods from the strainer and add to the custard.
- Place ice cream base over the ice bath to cool to room temperature, about 10 to 15 minutes. Cover and place in the refrigerator to chill completely, at least 3 hours or overnight. Once chilled, remove the vanilla bean pods and freeze in an ice cream maker according to the manufacturer's instructions. The ice cream will keep in the freezer for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:9.31, Inflammation Score:-5, Nutrition Score:4.5404347738494%

Nutrients (% of daily need)

Calories: 280.07kcal (14%), Fat: 22.86g (35.17%), Saturated Fat: 13.62g (85.15%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 16.29g (5.92%), Sugar: 15.75g (17.5%), Cholesterol: 172.42mg (57.47%), Sodium: 32.64mg

(1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin A: 932.47IU (18.65%), Selenium: 7.99µg (11.42%), Vitamin B2: 0.19mg (11.34%), Phosphorus: 90.38mg (9.04%), Vitamin D: 1.31µg (8.75%), Calcium: 70.6mg (7.06%), Vitamin B12: 0.32µg (5.35%), Vitamin E: 0.76mg (5.08%), Vitamin B5: 0.5mg (4.96%), Folate: 17.52µg (4.38%), Vitamin B6: 0.06mg (3.22%), Zinc: 0.44mg (2.96%), Potassium: 88.55mg (2.53%), Vitamin B1: 0.03mg (2.32%), Iron: 0.34mg (1.92%), Vitamin K: 1.91µg (1.82%), Magnesium: 6.26mg (1.57%)