



## Vanilla Bean Ice Cream



Vegetarian



Gluten Free

READY IN



560 min.

SERVINGS



9

CALORIES



203 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 2 cups milk
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla paste

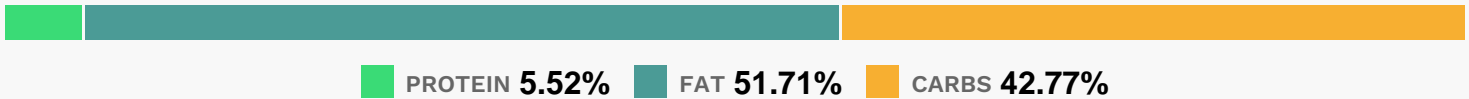
### Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

## Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and cream. Cook over medium heat, stirring constantly, 10 to 12 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Whisk in vanilla bean paste. Cool 1 hour, stirring occasionally.
- ☐ Place plastic wrap directly on cream mixture, and chill 8 to 24 hours.
- ☐ Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and time may vary.)
- ☐ \*Vanilla extract may be substituted.
- ☐ Try these twists!
- ☐ Chocolate-Raspberry Ice Cream: Before transferring ice cream to a container for further freezing, stir in 4 oz. finely chopped semisweet chocolate, and gently fold in 1/4 cup melted seedless raspberry preserves.
- ☐ Coconut Cream Pie Ice Cream: Reduce milk to 1 cup. Stir 1 cup coconut milk into sugar mixture with milk. Before transferring ice cream to a container for further freezing, stir in 3/4 cup toasted, sweetened flaked coconut.

## Nutrition Facts



## Properties

Glycemic Index:12.01, Glycemic Load:12.6, Inflammation Score:-3, Nutrition Score:3.2456521377291%

## Nutrients (% of daily need)

Calories: 203.16kcal (10.16%), Fat: 11.87g (18.26%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 22.08g (7.36%),  
Net Carbohydrates: 22.06g (8.02%), Sugar: 20.52g (22.81%), Cholesterol: 57.99mg (19.33%), Sodium: 61.33mg  
(2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin A: 505.41IU (10.11%), Calcium:  
86.95mg (8.69%), Vitamin B2: 0.14mg (8.13%), Phosphorus: 78.13mg (7.81%), Vitamin D: 1.13µg (7.52%), Vitamin B12:  
0.37µg (6.24%), Selenium: 3.09µg (4.42%), Vitamin B5: 0.33mg (3.29%), Potassium: 109.03mg (3.12%), Vitamin B1:  
0.04mg (2.61%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.33mg (2.23%), Vitamin E: 0.32mg (2.15%), Magnesium: 8.51mg  
(2.13%)