



Vanilla Bean Ice Cream with Fresh Strawberries

 Vegetarian  Gluten Free

READY IN



306 min.

SERVINGS



8

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons plus light
- ☐ 5 teaspoons cornstarch
- ☐ 1 cup half-and-half
- ☐ 0.3 cup heavy cream
- ☐ 0.1 teaspoon salt
- ☐ 1 cup strawberries quartered
- ☐ 0.3 cup sugar

- ☐ 0.7 cup sugar
- ☐ 4 inch vanilla pod split
- ☐ 2 cups milk whole divided

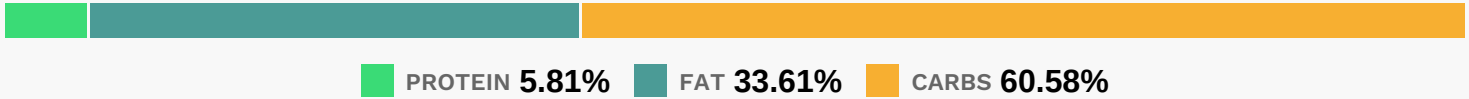
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Combine 2 tablespoons milk and cornstarch in a small bowl, stirring until smooth.
- ☐ Combine cream cheese and salt in a large bowl, stirring with a whisk.
- ☐ Combine remaining milk, half-and-half, and next 3 ingredients (through corn syrup) in a medium saucepan. Scrape seeds from vanilla bean; stir seeds into milk mixture in pan, reserving bean for another use. Bring to a boil; boil 4 minutes, stirring occasionally.
- ☐ Add cornstarch mixture; stir with a whisk. Cook, stirring constantly, 2 minutes or until slightly thick. Gradually add milk mixture to cream cheese mixture, stirring until smooth. Return milk mixture to saucepan.
- ☐ Place pan in a large ice-filled bowl until mixture cools to room temperature (about 10 minutes), stirring occasionally.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ While ice cream freezes, combine strawberries and 1/4 cup sugar in a small saucepan. Bring to a boil over medium-high heat; cook 5 minutes or until fruit is soft and juice is syrupy.
- ☐ Place pan in a large ice-filled bowl until fruit is cold (about 10 minutes), stirring occasionally.
- ☐ When ice cream is finished churning, transfer to a container suitable for the freezer, alternating spoonfuls of the ice cream with dollops of the fruit. Press a piece of parchment or wax paper directly on the surface of the ice cream, and freeze until firm, about 4 hours.
- ☐ Remove from freezer to soften before serving.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:18.29, Inflammation Score:-3, Nutrition Score:4.312173926312%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 218.82kcal (10.94%), Fat: 8.45g (12.99%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 33.88g (12.32%), Sugar: 32.38g (35.97%), Cholesterol: 26.31mg (8.77%), Sodium: 65.74mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin C: 10.9mg (13.21%), Calcium: 116.17mg (11.62%), Phosphorus: 99.14mg (9.91%), Vitamin B2: 0.17mg (9.72%), Vitamin B12: 0.4µg (6.65%), Vitamin A: 317.4IU (6.35%), Vitamin D: 0.79µg (5.27%), Potassium: 166.59mg (4.76%), Selenium: 2.63µg (3.76%), Manganese: 0.07mg (3.7%), Vitamin B5: 0.36mg (3.56%), Vitamin B1: 0.05mg (3.49%), Magnesium: 13.3mg (3.32%), Vitamin B6: 0.06mg (3.17%), Zinc: 0.44mg (2.92%), Vitamin E: 0.23mg (1.51%), Fiber: 0.37g (1.49%), Folate: 5.53µg (1.38%), Vitamin K: 1.21µg (1.15%)