



HEALTH SCORE

64%

Vanilla Cinnamon Ice Cream



Vegetarian



Gluten Free



Very Healthy

READY IN



180 min.

SERVINGS



1

CALORIES



3478 kcal

DESSERT

Ingredients



2 cinnamon sticks



2 cup cup heavy whipping cream



8 egg yolks



1 cup sugar



2 vanilla beans



4 cup milk whole

Equipment



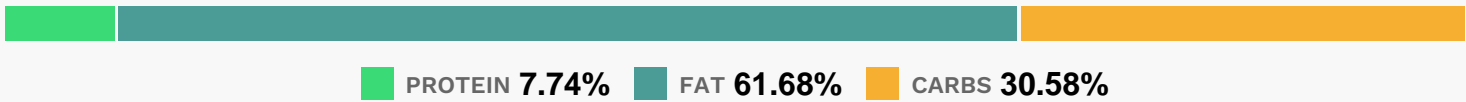
bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Put the milk and sugar in a medium saucepan. Halve the vanilla beans and scrape out the seeds and add to the milk along with the emptied pod. Bring to a low boil, stirring occasionally, then turn off the heat.
- ☐ Add the cinnamon sticks and let sit for 2–3 minutes. Strain the mixture through a fine mesh strainer and return to the saucepan, discarding the vanilla pods and cinnamon sticks. Return to medium high heat. In a medium bowl, whisk together the remaining sugar and the eggs. Slowly whisk in half the warm milk, being careful not to curdle the eggs. Once the milk is incorporated, return the mixture to the saucepan. Cook over medium heat, stirring constantly until the mixture adheres to a wooden spoon and you can draw a line through it.
- ☐ Remove from heat, then whisk in the cream
- ☐ Pour into a container and refrigerate until completely cooled, at least several hours. Freeze in an ice cream maker according to the manufacturer’s instructions. For a standard consumer model, you will have to freeze it in two batches, so plan ahead. Once frozen, transfer to an airtight container and freeze overnight to achieve a firmer texture.

Nutrition Facts



Properties

Glycemic Index:113.09, Glycemic Load:157.04, Inflammation Score:-10, Nutrition Score:58.348695433658%

Nutrients (% of daily need)

Calories: 3478.47kcal (173.92%), Fat: 243.45g (374.55%), Saturated Fat: 141.41g (883.81%), Carbohydrates: 271.61g (90.54%), Net Carbohydrates: 267.89g (97.42%), Sugar: 261.4g (290.45%), Cholesterol: 2210.2mg (736.73%), Sodium: 571.22mg (24.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.71g (137.41%), Vitamin A: 10675.45IU (213.51%), Phosphorus: 1827.92mg (182.79%), Vitamin B2: 3.04mg (179%), Calcium: 1772.54mg (177.25%), Vitamin D: 26.13µg (174.19%), Selenium: 114.88µg (164.12%), Vitamin B12: 8.84µg (147.33%), Vitamin B5: 9.18mg

(91.85%), Manganese: 1.35mg (67.68%), Vitamin B6: 1.28mg (63.85%), Potassium: 2107.33mg (60.21%), Vitamin B1: 0.9mg (59.78%), Vitamin E: 8.74mg (58.3%), Folate: 229.7µg (57.43%), Zinc: 8.6mg (57.36%), Magnesium: 161.84mg (40.46%), Iron: 5.09mg (28.28%), Vitamin K: 21.35µg (20.34%), Fiber: 3.72g (14.87%), Copper: 0.21mg (10.54%), Vitamin B3: 1.46mg (7.29%), Vitamin C: 3.12mg (3.78%)