



Vanilla Ice Cream

 Vegetarian  Gluten Free

READY IN

ready

190 min.

SERVINGS

servings

8

CALORIES

calories

649 kcal

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 24 ounce evaporated milk canned
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 tablespoon vanilla extract pure
- ☐ 2 cups sugar white
- ☐ 8 servings milk whole

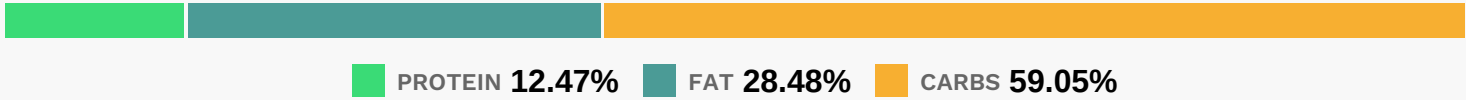
Equipment

- ☐ hand mixer

Directions

- ☐ With an electric mixer, cream eggs and sugar.
- ☐ Add evaporated milk, condensed milk, and vanilla. Beat well.
- ☐ Pour into an electric ice cream churn.
- ☐ Add whole milk to fill line. Insert dasher. Pack cooler 1/3 full with ice.
- ☐ Add a layer of rock salt. Repeat layering with ice and salt until full. Note: be careful not to overfill, spilling salt into the churn. When machine starts to labor or shut off, remove the dasher and drain water. Fill with more ice and salt. Cover with a towel and let harden.
- ☐ * For fruit ice cream such as strawberry or peach: 2 cups sliced fresh fruit covered with 1 cup sugar.
- ☐ Add to mixture before whole milk, and mix well.
- ☐ Note: For those concerned about raw eggs, pasteurized liquid eggs may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:55.7, Inflammation Score:-6, Nutrition Score:17.901304327923%

Nutrients (% of daily need)

Calories: 649.11kcal (32.46%), Fat: 20.81g (32.01%), Saturated Fat: 11.86g (74.1%), Carbohydrates: 97.09g (32.36%), Net Carbohydrates: 97.09g (35.3%), Sugar: 97.45g (108.28%), Cholesterol: 152.65mg (50.88%), Sodium: 277.76mg (12.08%), Alcohol: 0.56g (100%), Alcohol %: 0.16% (100%), Protein: 20.49g (40.98%), Calcium: 675.99mg (67.6%), Phosphorus: 588.26mg (58.83%), Vitamin B2: 0.92mg (54.32%), Vitamin B12: 1.87µg (31.13%), Selenium: 20.99µg (29.98%), Potassium: 841.52mg (24.04%), Vitamin D: 3.31µg (22.06%), Vitamin B5: 2.16mg (21.63%), Vitamin A: 849.81IU (17%), Magnesium: 65.43mg (16.36%), Zinc: 2.41mg (16.08%), Vitamin B1: 0.23mg (15.35%), Vitamin B6: 0.25mg (12.72%), Folate: 22.6µg (5.65%), Vitamin E: 0.57mg (3.79%), Iron: 0.67mg (3.71%), Vitamin C: 2.91mg (3.52%), Vitamin B3: 0.55mg (2.74%), Copper: 0.04mg (2.2%), Vitamin K: 1.61µg (1.53%), Manganese: 0.03mg (1.49%)