



Vanilla Ice Cream I



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



2

CALORIES



1341 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 2 cups heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup milk
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup sugar white

Equipment

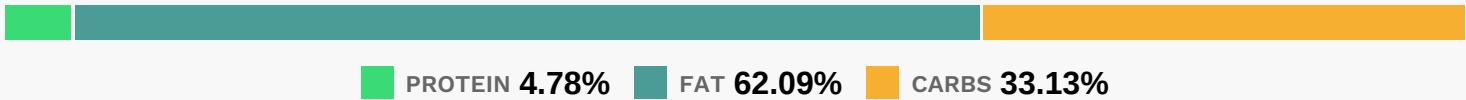
- ☐ bowl

- ☐ sauce pan
- ☐ hand mixer
- ☐ ice cream machine

Directions

- ☐ In medium saucepan over low heat, stir together sugar, milk and eggs. Cook, stirring continuously, until mixture thickens enough to coat the back of a metal spoon, 10 to 20 minutes.
- ☐ Remove from heat and let cool.
- ☐ In a medium bowl, whip cream with electric mixer until soft peaks form. Beat in vanilla and lemon juice, and whip until medium–stiff peaks form. Fold whipped cream into cooled custard. Chill in refrigerator 8 hours or overnight.
- ☐ Stir chilled mixture to recombine, and freeze in ice cream maker according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:71.98, Inflammation Score:-9, Nutrition Score:18.193913194148%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1340.61kcal (67.03%), Fat: 94.35g (145.15%), Saturated Fat: 58.39g (364.94%), Carbohydrates: 113.27g (37.76%), Net Carbohydrates: 113.25g (41.18%), Sugar: 113.35g (125.94%), Cholesterol: 447.26mg (149.09%), Sodium: 174.45mg (7.58%), Alcohol: 1.03g (100%), Alcohol %: 0.25% (100%), Protein: 16.33g (32.67%), Vitamin A: 3934.29IU (78.69%), Vitamin B2: 0.84mg (49.4%), Vitamin D: 6.03µg (40.2%), Phosphorus: 349.16mg (34.92%), Selenium: 23.57µg (33.68%), Calcium: 333.56mg (33.36%), Vitamin B12: 1.43µg (23.85%), Vitamin E: 2.72mg (18.16%), Vitamin B5: 1.75mg (17.47%), Potassium: 483.98mg (13.83%), Vitamin B6: 0.24mg (11.84%), Zinc: 1.66mg (11.04%), Magnesium: 37.39mg (9.35%), Vitamin B1: 0.14mg (9.04%), Folate: 31.7µg (7.93%), Vitamin K: 8.11µg (7.73%), Iron: 1.07mg (5.93%), Vitamin C: 4.33mg (5.25%), Copper: 0.07mg (3.47%), Vitamin B3: 0.33mg (1.66%), Manganese:

0.03mg (1.57%)