

DESSERT

Vanilla Ice Cream IX

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	8	\$1.15	654 kcal



Vanillan Ice Cream IX is a gluten free and lacto ovo vegetarian dessert. This recipe serves 8 and costs \$1.15 per serving. One portion of this dish contains approximately 14g of protein, 33g of fat, and a total of 654 calories.

Ingredients

- | | |
|--|---|
| ☐ 4 eggs | ☐ 2 cups evaporated milk |
| ☐ 2 cups heavy cream | ☐ 2¼ teaspoons lemon extract |
| ☐ ½ teaspoon salt | ☐ 2¼ teaspoons vanilla extract |
| ☐ 2½ cups white sugar | ☐ 5 cups whole milk |

EQUIPMENT **Mixing bowl, Ice cream machine**

Method

- 1 In a mixing bowl, beat eggs and sugar until stiff. Stir in cream, evaporated milk, whole milk, vanilla, lemon extract and salt until well combined.
- 2 Pour into the freezer canister of an ice cream maker and freeze according to manufacturer's instructions.

Nutrition per serving

654

KCAL

14 g

PROTEIN

33 g

FAT

78 g

CARBS

Saturated Fat	20.1 g · 126% of daily needs
Sugar	78 g · 87% of daily needs
Sodium	318 mg · 14% of daily needs
Cholesterol	186 mg · 62% of daily needs
Vitamin C	1.6 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/vanilla-ice-cream-ix-142946