



Vietnamese Coffee Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1128 kcal

Ingredients

- ☐ 6 egg yolk
- ☐ 0.3 cup ground coffee (see note above)
- ☐ 2 cups half and half
- ☐ 0.5 teaspoon kosher salt
- ☐ 14 ounce condensed milk sweetened canned (see note above)

Equipment

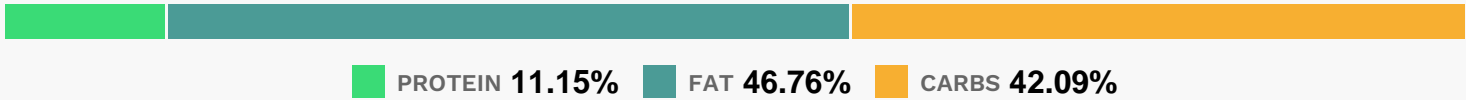
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ ladle
- ☐ whisk
- ☐ sieve

Directions

- ☐ In a medium heavy-bottomed saucepan, bring half and half just to a boil over high heat.
- ☐ Remove from heat as soon as it begins to boil, then stir in coffee and steep for 4 minutes.
- ☐ Whisk together egg yolks and condensed milk until thoroughly combined in a large bowl. Ladle about 1/3 of half and half into yolk mixture, whisking constantly, until well combined, then slowly transfer back to saucepan, whisking constantly.
- ☐ Return pan to medium heat and cook, whisking frequently, until a custard coats the back of a spoon and a swiped finger leaves a clean line. Stir in salt to taste.
- ☐ Pour through a fine mesh strainer (it's okay if some coffee grounds make it through) into an airtight container and refrigerate overnight.
- ☐ The next day, churn ice cream according to manufacturer's instructions. Chill ice cream in freezer for 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:65.85, Inflammation Score:-8, Nutrition Score:31.096086895984%

Nutrients (% of daily need)

Calories: 1127.91kcal (56.4%), Fat: 59.4g (91.39%), Saturated Fat: 33.06g (206.65%), Carbohydrates: 120.3g (40.1%), Net Carbohydrates: 120.3g (43.75%), Sugar: 118.25g (131.39%), Cholesterol: 735.37mg (245.12%), Sodium: 1006.94mg (43.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.09mg (5.36%), Protein: 31.86g (63.72%), Selenium: 67.36µg (96.22%), Phosphorus: 942.57mg (94.26%), Vitamin B2: 1.58mg (92.95%), Calcium: 892.55mg (89.25%), Vitamin A: 2165.21IU (43.3%), Vitamin B12: 2.39µg (39.77%), Vitamin B5: 3.8mg (38.02%), Potassium: 1114.66mg (31.85%), Zinc: 4.05mg (27.02%), Folate: 107.93µg (26.98%), Vitamin B1: 0.35mg (23.08%), Vitamin D: 3.31µg (22.09%), Vitamin B6: 0.41mg (20.56%), Magnesium: 78.51mg (19.63%), Vitamin E: 2.32mg (15.44%), Iron: 1.98mg (10.98%), Vitamin C: 7.34mg (8.89%), Copper: 0.09mg (4.68%), Vitamin K: 4.71µg (4.49%), Vitamin B3: 0.69mg (3.47%), Manganese: 0.05mg (2.28%)