



White Chocolate and Raspberry Ice Cream

 Gluten Free

READY IN



210 min.

SERVINGS



12

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 5 egg yolks
- ☐ 2 cups heavy whipping cream
- ☐ 12 ounce raspberries frozen
- ☐ 1 pinch salt
- ☐ 1 vanilla pod
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce chocolate chips white
- ☐ 0.8 cup sugar white

☐ 1 cup milk whole

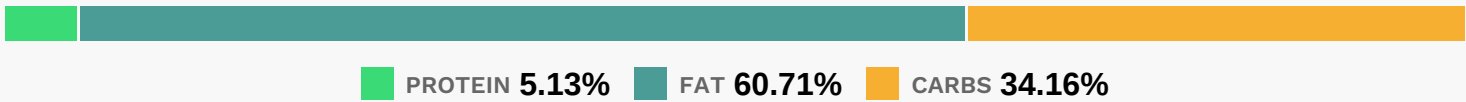
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Heat milk, sugar, vanilla bean and seeds, and salt in a saucepan over medium heat until warm, about 5 minutes.
- ☐ Whisk egg yolks and about 1 cup warm milk mixture in a bowl; stir egg mixture into saucepan. Continue to cook and stir until custard thickens enough to coat the back of a spoon, 5 to 7 minutes.
- ☐ Remove vanilla bean. Stir white chocolate chips into custard until melted.
- ☐ Pour custard into a large bowl and stir in heavy cream and vanilla extract. Cover and refrigerate until chilled.
- ☐ Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- ☐ Heat raspberries in a saucepan over medium heat until raspberries begin to fall apart, 7 to 10 minutes. Press raspberries through a sieve over a bowl to remove the seeds; discard seeds.
- ☐ Gently swirl raspberries into the soft ice cream creating ribbons of raspberries.
- ☐ Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:17.29, Inflammation Score:-4, Nutrition Score:6.5591303680254%

Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 337.89kcal (16.89%), Fat: 23.31g (35.86%), Saturated Fat: 13.89g (86.81%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.62g (10.04%), Sugar: 27.1g (30.11%), Cholesterol: 132.23mg (44.08%), Sodium: 42.71mg (1.86%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 4.44g (8.87%), Vitamin A: 739.22IU (14.78%), Vitamin B2: 0.21mg (12.29%), Phosphorus: 114.3mg (11.43%), Calcium: 105.73mg (10.57%), Manganese: 0.2mg (9.9%), Selenium: 6.76µg (9.66%), Vitamin C: 7.76mg (9.41%), Vitamin D: 1.26µg (8.42%), Fiber: 1.88g (7.52%), Vitamin B12: 0.43µg (7.09%), Vitamin E: 1mg (6.64%), Vitamin B5: 0.61mg (6.1%), Vitamin K: 5.31µg (5.06%), Potassium: 173.96mg (4.97%), Folate: 19.81µg (4.95%), Zinc: 0.61mg (4.08%), Vitamin B6: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.57%), Magnesium: 14.14mg (3.53%), Iron: 0.49mg (2.73%), Copper: 0.05mg (2.42%), Vitamin B3: 0.36mg (1.8%)