



White chocolate-cranberry ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

DESSERT

Ingredients

- 200 ml double cream
- 0.3 cup cranberries dried
- 4 egg yolk
- 300 ml milk
- 75 g sugar
- 1 tsp vanilla extract
- 200 g chocolate white coarsely chopped

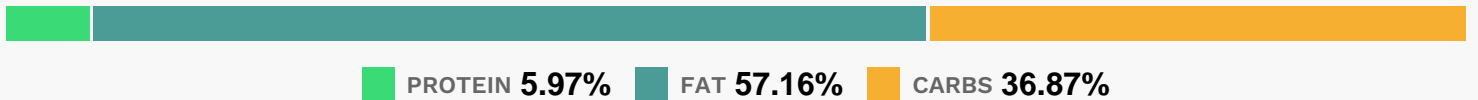
Equipment

- sauce pan
- whisk
- wooden spoon
- ice cream machine

Directions

- In a medium saucepan boil the milk until it starts to bubble gently.
- Remove from flame and set aside. Meanwhile whisk the egg yolks and sugar together for 3 minutes until pale yellow and double in volume.
- Pour the milk on to the egg mixture and stir and then gently pour the mixture back in to the saucepan and simmer very lightly. Stir continuously until the custard mix thickens or coats the back of a wooden spoon.
- Add the chopped chocolate stirring until the heat melts the chocolate. Cool the mixture, stir in the vanilla extract and put it in the fridge to chill. Once chilled, add the cream to the mixture. Stir and combine.
- Pour the mixture into an ice cream machine and churn until frozen.
- Add dried cranberries in the last 5 minutes of churning and let the machine stir them in.
- Transfer to plastic container and place in the freezer for 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index: 29.68, Glycemic Load: 23.41, Inflammation Score: -4, Nutrition Score: 7.2473913043478%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Taste

Sweetness: 100%, Saltiness: 22.2%, Sourness: 10.99%, Bitterness: 8.81%, Savoriness: 17.43%, Fattiness: 89.04%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 428.95kcal (21.45%), Fat: 27.73g (42.66%), Saturated Fat: 16.29g (101.8%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 39.91g (14.51%), Sugar: 39.42g (43.8%), Cholesterol: 180.68mg (60.23%), Sodium: 64.85mg (2.82%), Alcohol: 0.24g (1.34%), Protein: 6.52g (13.03%), Phosphorus: 177.44mg (17.74%), Vitamin B2: 0.3mg (17.41%), Calcium: 168.03mg (16.8%), Vitamin A: 759.5IU (15.19%), Selenium: 10.31µg (14.73%), Vitamin B12: 0.75µg (12.55%), Vitamin D: 1.75µg (11.68%), Vitamin B5: 0.85mg (8.51%), Vitamin E: 1.07mg (7.13%), Potassium: 221.38mg (6.33%), Zinc: 0.82mg (5.48%), Folate: 21.19µg (5.3%), Vitamin B6: 0.11mg (5.3%), Vitamin B1: 0.08mg (5.23%), Vitamin K: 4.73µg (4.5%), Magnesium: 13.42mg (3.36%), Iron: 0.47mg (2.6%), Copper: 0.04mg (1.9%), Vitamin B3: 0.36mg (1.79%), Manganese: 0.03mg (1.36%), Fiber: 0.33g (1.34%)