



White Sesame Pistachio Crunch Ice Cream



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1783 kcal

DESSERT

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 6 egg yolk
- ☐ 1 cup milk
- ☐ 2 teaspoons orange zest
- ☐ 2 ounces pistachios chilled toasted
- ☐ 0.3 cup pomegranate molasses
- ☐ 1 teaspoon salt to taste
- ☐ 0.5 cup sesame seed white toasted

- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract

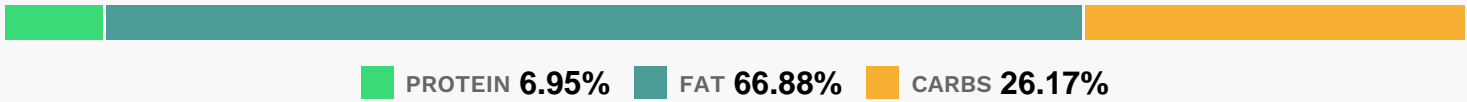
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Grind freshly toasted sesame seeds in blender on medium speed for 10 seconds, until they are mostly pulverized.
- ☐ Pour in about 1/2 cup milk and blend for another 10 seconds until a fine paste forms.
- ☐ Add remaining milk and cream and blend on high for 30 seconds, until well combined.
- ☐ In a medium heavy-bottomed saucepan, whisk together egg yolks and sugar until pale in color and lightly thickened.
- ☐ Pour in dairy, whisk to combine, and cook on medium heat, whisking frequently, until a custard forms on the back of a spoon and a swiped finger leaves a clean line. Strain custard into an airtight container, pressing on sesame solids to extract all liquid.
- ☐ Stir in orange zest and vanilla extract, then salt to taste. Chill at least 6 hours or overnight in refrigerator, then churn the next day according to manufacturer's instructions. In the last minute of churning, add pistachios.
- ☐ Transfer churned ice cream to airtight container and chill in freezer for at least 4 hours before serving. To serve, top each bowl with 1 to 2 teaspoons of pomegranate molasses.

Nutrition Facts



Properties

Glycemic Index:80.55, Glycemic Load:56.93, Inflammation Score:-10, Nutrition Score:46.404782544012%

Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1783.05kcal (89.15%), Fat: 135.87g (209.03%), Saturated Fat: 66.35g (414.69%), Carbohydrates: 119.59g (39.86%), Net Carbohydrates: 112.03g (40.74%), Sugar: 100.71g (111.9%), Cholesterol: 866.78mg (288.93%), Sodium: 1304.59mg (56.72%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 31.77g (63.55%), Copper: 1.98mg (98.85%), Vitamin A: 4604.35IU (92.09%), Phosphorus: 847.13mg (84.71%), Selenium: 55.06µg (78.65%), Calcium: 776.99mg (77.7%), Manganese: 1.31mg (65.4%), Vitamin B2: 1.06mg (62.11%), Vitamin B6: 1.13mg (56.43%), Vitamin D: 8.07µg (53.77%), Vitamin B1: 0.76mg (50.45%), Magnesium: 200.52mg (50.13%), Iron: 8.34mg (46.36%), Zinc: 5.86mg (39.07%), Folate: 139.79µg (34.95%), Vitamin B12: 2.09µg (34.88%), Fiber: 7.56g (30.23%), Vitamin E: 4.39mg (29.3%), Vitamin B5: 2.85mg (28.53%), Potassium: 941.5mg (26.9%), Vitamin B3: 2.38mg (11.89%), Vitamin K: 8.36µg (7.96%), Vitamin C: 5.74mg (6.95%)