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French Vanilla Ice Cream ♦

French vanilla ice cream is a classic dessert that is loved by many. It has a rich and creamy flavor with a hint of vanilla. This recipe is perfect for those who enjoy indulging in a sweet treat.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: N/A

Total Time: 30 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

500 g	Heavy Cream
500 g	Whole Milk
200 g	Granulated Sugar
6 pieces	Egg Yolks
2 tsp	vanilla extract

Directions

Step 1

Stove

In a medium saucepan, combine the heavy cream and whole milk. Heat over medium heat until it begins to steam, but not boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, whisk together the sugar and egg yolks until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Slowly pour the hot milk mixture into the egg yolk mixture, whisking constantly to prevent the eggs from curdling.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Pour the mixture back into the saucepan and cook over low heat, stirring constantly, until the mixture thickens and coats the back of a spoon.

Prep Time: 10 mins

Cook Time: 10 mins

Step 5

Remove from heat and stir in the vanilla extract. Let the mixture cool completely.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Ice cream maker

Once cooled, transfer the mixture to an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Freezing

Transfer the churned ice cream to a lidded container and freeze for at least 4 hours, or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Nutrition Facts

Calories: 207 kcal

Fat: 19 g

Protein: 3 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	19 g	67.86%	76%
Cholesterol	118 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	14 iu	1.56%	2%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	43 mg	1.87%	1.87%
Calcium	9 mg	0.9%	0.9%
Iron	1 mg	12.5%	5.56%
Potassium	87 mg	2.56%	3.35%
Zinc	1 mg	9.09%	12.5%
Selenium	11 mcg	20%	20%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Brunch Lunch Dinner

Difficulty Level

Easy

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