

Bourbon Ice Cream

Jean Howard - Auburn, AL
Southern Living - 1987 Annual Recipes

Yield: 3 quarts

4 eggs
3/4 cup sugar
1/4 cup bourbon
1 can (14 ounce) sweetened condensed milk
6 cups half-and-half
fresh mint sprigs (optional)

In the bowl of an electric mixer, beat the eggs on medium speed. Gradually add the sugar.

Add the bourbon and condensed milk. Mix well.

Add the half-and-half.

Pour the mixture into the freezer can of a one-gallon hand-turned or electric ice cream freezer. Freeze according to manufacturers instructions.

Let the ice cream ripen for at least one hour.

Garnish each serving with mint sprigs, if desired.

Per Serving (excluding unknown items): 1997 Calories; 47g Fat (22.2% calories from fat); 49g Protein; 318g Carbohydrate; 0g Dietary Fiber; 952mg Cholesterol; 671mg Sodium. Exchanges: 3 Lean Meat; 7 Fat; 21 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1997	Vitamin B6 (mg):	.4mg
% Calories from Fat:	22.2%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	67.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	47g	Folacin (mcg):	130mcg
Saturated Fat (g):	23g	Niacin (mg):	1mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	139
Cholesterol (mg):	952mg	% Daily Value:	n/a%
	318g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 0g
Protein (g): 49g
Sodium (mg): 671mg
Potassium (mg): 1409mg
Calcium (mg): 973mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 1980IU
Vitamin A (r.e.): 583RE

Grain (Starch): 0
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 7
Other Carbohydrates: 21

Nutrition Facts

Amount Per Serving

Calories 1997 Calories from Fat: 443

% Daily Values*

Total Fat	47g	72%
Saturated Fat	23g	115%
Cholesterol	952mg	317%
Sodium	671mg	28%
Total Carbohydrates	318g	106%
Dietary Fiber	0g	0%
Protein	49g	
<hr/>		
Vitamin A		40%
Vitamin C		13%
Calcium		97%
Iron		24%

** Percent Daily Values are based on a 2000 calorie diet.*