

Polenta Ice Cream (Gelato di polenta)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-halva-recipe-with-farina>

Ingredients:

- 2 cups whole milk
- 1 cup heavy cream
- 3/4 cup sugar
- 3/4 cup farina bóna, toasted corn flour, see recipe below
- 1/8 teaspoon coarse salt

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 19 grams
8. Sodium: 160 milligrams
9. Sugar: 44 grams

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