

Azuki Ice Cream (Japanese Red Beans Ice Cream)

Yield: 4 min
Total Time: 570 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-red-beans-ice-cream-recipe>

Ingredients:

- 1 cup adzuki beans
- 1/3 cup white sugar
- 2 teaspoons lemon juice
- 3 1/2 cups water
- 1 cup milk
- 1 cup heavy cream
- 4 egg yolks
- 2/3 cup white sugar
- 1 teaspoon vanilla extract

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 315 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 19 grams
8. Sodium: 95 milligrams
9. Sugar: 54 grams

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