



Almond-Honey Ice Cream



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



7

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolks lightly beaten
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.3 cup honey
- ☐ 2 cups milk 1% low-fat divided
- ☐ 0.3 cup nonfat milk dry
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla extract

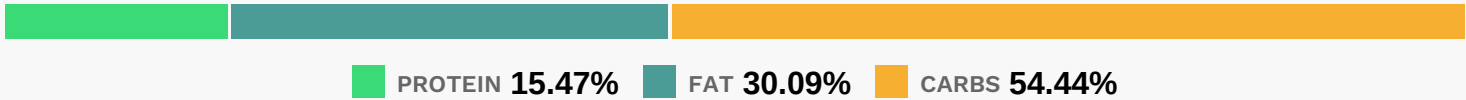
Equipment

☐ sauce pan

Directions

- ☐ Combine sugar, dry milk, and cornstarch in a large saucepan. Gradually add 1 cup low-fat milk and evaporated milk. Bring to a boil over medium heat, stirring constantly; cook 1 minute or until slightly thick, stirring constantly.
- ☐ Remove from heat. Gradually stir about 1/4 of hot milk mixture into egg yolks; add to remaining hot mixture, stirring constantly. Cook over low heat 1 minute, stirring constantly.
- ☐ Remove from heat; stir in remaining 1 cup low-fat milk, honey, almonds, and vanilla. Cover and chill 2 hours.
- ☐ Pour milk mixture into freezer can of an ice cream freezer. Freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:18.91, Glycemic Load:10.22, Inflammation Score:-4, Nutrition Score:8.3934782173323%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.75kcal (11.14%), Fat: 7.58g (11.67%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 30.34g (11.03%), Sugar: 27.79g (30.88%), Cholesterol: 70.78mg (23.59%), Sodium: 103.92mg

(4.52%), Alcohol: 0.2g (100%), Alcohol %: 0.16% (100%), Protein: 8.77g (17.55%), Calcium: 283.35mg (28.34%), Phosphorus: 247.9mg (24.79%), Vitamin B2: 0.39mg (22.97%), Vitamin B12: 0.76µg (12.61%), Potassium: 372.1mg (10.63%), Vitamin D: 1.52µg (10.16%), Selenium: 6.79µg (9.69%), Magnesium: 35.51mg (8.88%), Vitamin B5: 0.88mg (8.78%), Vitamin A: 411.78IU (8.24%), Vitamin E: 1.2mg (8.03%), Zinc: 1.1mg (7.34%), Vitamin B1: 0.1mg (6.37%), Manganese: 0.11mg (5.46%), Vitamin B6: 0.11mg (5.28%), Folate: 16.41µg (4.1%), Copper: 0.06mg (3%), Iron: 0.45mg (2.49%), Fiber: 0.53g (2.11%), Vitamin B3: 0.37mg (1.85%), Vitamin C: 1.28mg (1.55%)