



WHATSheATE



## Almond Tofu Ice Cream with Honey Swirl



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



625 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup honey
- ☐ 1 orange zest grated for topping
- ☐ 2 pounds silken tofu soft
- ☐ 0.5 cup granulated sugar white

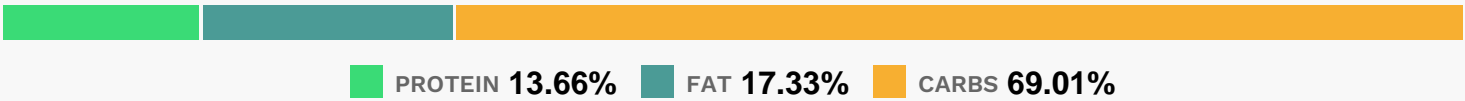
### Equipment

- ☐ blender
- ☐ ice cream machine

# Directions

- ☐ In a blender, mix the tofu, sugar and almond extract until the tofu is smooth and the sugar has dissolved. Spin in the ice cream machine according to manufacturer's instructions, and when the ice cream holds soft peaks, scoop into a container, alternating scoops with liberal drizzles of honey.
- ☐ Serve topped with fresh orange zest, and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:61.18, Glycemic Load:59.18, Inflammation Score:-5, Nutrition Score:11.537826140614%

## Nutrients (% of daily need)

Calories: 625.32kcal (31.27%), Fat: 12.42g (19.11%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 111.26g (37.09%), Net Carbohydrates: 110.06g (40.02%), Sugar: 102.48g (113.87%), Cholesterol: 0mg (0%), Sodium: 25.8mg (1.12%), Alcohol: 0.69g (100%), Alcohol %: 0.15% (100%), Protein: 22.03g (44.07%), Copper: 0.97mg (48.49%), Magnesium: 134.23mg (33.56%), Vitamin B1: 0.46mg (30.73%), Phosphorus: 284.87mg (28.49%), Potassium: 862.53mg (24.64%), Iron: 4.03mg (22.4%), Zinc: 2.51mg (16.7%), Calcium: 154.38mg (15.44%), Vitamin B2: 0.22mg (12.92%), Vitamin C: 8.44mg (10.23%), Vitamin B3: 1.49mg (7.46%), Fiber: 1.2g (4.81%), Vitamin B6: 0.07mg (3.73%), Manganese: 0.05mg (2.59%), Selenium: 0.81µg (1.16%)