



Almost-instant sweet wine ice-cream



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 ml wine sweet such as orange muscat and flora
- ☐ 3 tbsp sugar
- ☐ 284 ml double cream
- ☐ 4 servings fruit such as blackberries, raspberries and redcurrants

Equipment

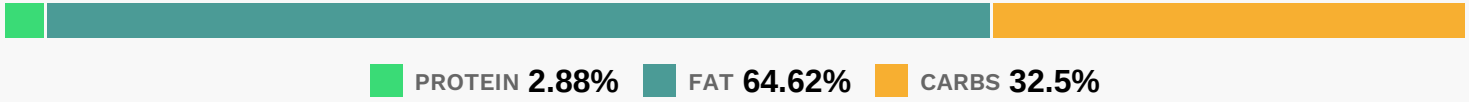
- ☐ bowl
- ☐ whisk

Directions

- ☐
- Tip the wine and sugar into a bowl and whisk together. Gradually whisk in the cream until it starts to thicken and just hold its shape.

☐☐

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:6.43, Inflammation Score:-7, Nutrition Score:5.2686956758085%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 376.23kcal (18.81%), Fat: 25.93g (39.89%), Saturated Fat: 16.44g (102.75%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.45g (9.98%), Sugar: 24.76g (27.52%), Cholesterol: 80.71mg (26.9%), Sodium: 27.2mg (1.18%), Alcohol: 3.92g (100%), Alcohol %: 2.1% (100%), Protein: 2.6g (5.2%), Vitamin A: 1407.8IU (28.16%), Vitamin B2: 0.17mg (10.01%), Vitamin D: 1.14µg (7.62%), Fiber: 1.9g (7.58%), Vitamin K: 7.89µg (7.51%), Phosphorus: 62.49mg (6.25%), Potassium: 200.51mg (5.73%), Calcium: 56.58mg (5.66%), Copper: 0.1mg (4.94%), Vitamin E: 0.66mg (4.38%), Manganese: 0.08mg (3.88%), Vitamin C: 3.04mg (3.68%), Magnesium: 14.73mg (3.68%), Selenium: 2.23µg (3.19%), Vitamin B6: 0.06mg (3.15%), Iron: 0.55mg (3.03%), Vitamin B3: 0.55mg (2.76%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.32mg (2.16%), Vitamin B1: 0.03mg (2.03%), Vitamin B12: 0.11µg (1.9%), Folate: 5.61µg (1.4%)