



Apple Caramel Ice Cream

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



16

CALORIES



211 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 2 cups heavy whipping cream
- 0.5 teaspoon salt
- 3 tablespoons butter salted melted
- 14 ounce condensed milk sweetened canned
- 0.5 teaspoon vanilla extract

Equipment

bowl

whisk

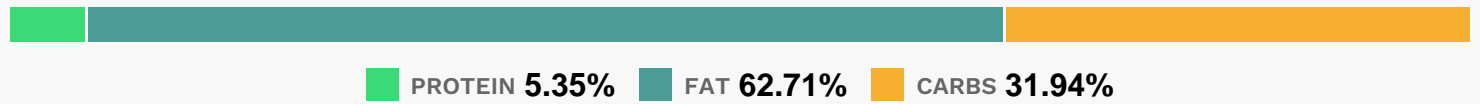
Directions

Beat cream in a large bowl until stiff peaks appear. Lift your beater or whisk straight up: cream should form a sharp peaks.

Whisk in sweetened condensed milk, applesauce, caramel sauce, butter, vanilla extract, and salt until well combined.

Pour cream mixture into a large container and cover. Freeze until solid, about 6 hours.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:3.1999999660513%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 210.79kcal (10.54%), Fat: 15.03g (23.13%), Saturated Fat: 9.55g (59.71%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 17.15g (6.24%), Sugar: 17.11g (19.01%), Cholesterol: 47.7mg (15.9%), Sodium: 141.29mg (6.14%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.89g (5.77%), Vitamin A: 574.54IU (11.49%), Vitamin B2: 0.16mg (9.55%), Calcium: 92.81mg (9.28%), Phosphorus: 82.41mg (8.24%), Selenium: 4.66µg (6.66%), Potassium: 129.1mg (3.69%), Vitamin D: 0.53µg (3.5%), Vitamin B12: 0.17µg (2.79%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.39mg (2.59%), Magnesium: 9.01mg (2.25%), Zinc: 0.31mg (2.06%), Vitamin B1: 0.03mg (2.03%), Vitamin B6: 0.03mg (1.26%), Vitamin K: 1.32µg (1.26%), Vitamin C: 0.92mg (1.11%), Folate: 4.3µg (1.07%)