



Apple-Rhubarb (and Cardamom) Ice Cream

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



2

CALORIES



970 kcal

DESSERT

Ingredients

- ☐ 4 cardamom pods crushed
- ☐ 0.5 inch ginger minced peeled
- ☐ 1.3 cups cup heavy whipping cream
- ☐ 4 rhubarb
- ☐ 0.5 cup sugar to taste (,)
- ☐ 5 baking apples are apples that have a sweet-tart balance and hold their shape when
- ☐ 3 tablespoons water

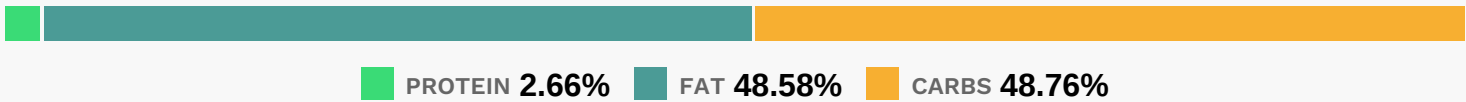
Equipment

- ☐ food processor
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Chop apples and rhubarb. If you're using a food mill, don't bother to peel or core the apples—just chop them into chunks. If you're using a food processor or blender, make sure to core them, but leave the skin, for color, flavor, and added thickness from its natural pectin. Cook apples and rhubarb with ginger, cardamom pods, and water in a pot until soft, about 30 minutes.
- ☐ Add the sugar, stir until dissolved and put the mixture through a food mill or food processor and strainer. Refrigerate until cool.
- ☐ Mix 2 and a half cups of the apple-rhubarb sauce with the cream.
- ☐ Add more sugar to taste if desired. Freeze in ice cream maker according to manufacturer instructions.

Nutrition Facts



Properties

Glycemic Index:67.55, Glycemic Load:51.99, Inflammation Score:-9, Nutrition Score:20.769565323125%

Flavonoids

Cyanidin: 7.14mg, Cyanidin: 7.14mg, Cyanidin: 7.14mg, Cyanidin: 7.14mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 8.13mg, Catechin: 8.13mg, Catechin: 8.13mg, Catechin: 8.13mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 34.78mg, Epicatechin: 34.78mg, Epicatechin: 34.78mg, Epicatechin: 34.78mg Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg, Epicatechin 3-gallate: 0.66mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 18.25mg, Quercetin: 18.25mg, Quercetin: 18.25mg, Quercetin: 18.25mg

Nutrients (% of daily need)

Calories: 970.11kcal (48.51%), Fat: 55.12g (84.8%), Saturated Fat: 34.42g (215.15%), Carbohydrates: 124.5g (41.5%), Net Carbohydrates: 110.58g (40.21%), Sugar: 102.72g (114.13%), Cholesterol: 168.09mg (56.03%), Sodium: 51.37mg (2.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Manganese: 1.49mg (74.33%), Fiber: 13.91g (55.64%), Vitamin A: 2536.36IU (50.73%), Vitamin K: 44.66µg (42.53%), Vitamin C: 30.91mg (37.47%), Potassium: 974.95mg (27.86%), Vitamin B2: 0.45mg (26.23%), Calcium: 229.97mg (23%), Vitamin E: 2.47mg (16.45%), Vitamin D: 2.38µg (15.87%), Phosphorus: 158.32mg (15.83%), Magnesium: 55.54mg (13.89%), Vitamin B6: 0.28mg (13.75%), Copper: 0.19mg (9.35%), Vitamin B1: 0.14mg (9.06%), Selenium: 5.9µg (8.42%), Iron: 1.51mg (8.41%), Vitamin B5: 0.75mg (7.47%), Folate: 26.93µg (6.73%), Zinc: 0.95mg (6.35%), Vitamin B3: 0.87mg (4.36%), Vitamin B12: 0.24µg (3.97%)