

Avocado Ice Cream



Vegetarian



Gluten Free

READY IN



370 min.

SERVINGS



2

CALORIES



1128 kcal

DESSERT

Ingredients

- ☐ 3 small avocados pitted peeled
- ☐ 12 ounce evaporated milk canned
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 cup milk 1%
- ☐ 2 cups water
- ☐ 1 cup sugar white

Equipment

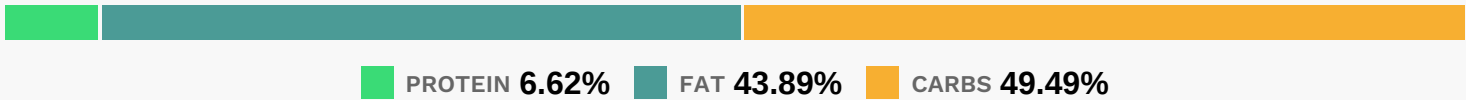
- ☐ sauce pan

- ☐ mixing bowl
- ☐ ice cream machine

Directions

- ☐ Pour the water into a saucepan, and bring to a boil; stir in sugar until dissolved. Bring the syrup back to a boil, reduce heat, and boil gently until the syrup is reduced to 1 cup, about 10 minutes.
- ☐ Remove from heat, and allow to cool.
- ☐ In a mixing bowl, mash the avocados to your desired consistency, either smooth or chunky.
- ☐ Mix in the evaporated milk, 1% milk, and lime juice. Stir in the cooled sugar syrup until completely incorporated. Chill the mixture completely in the refrigerator, about 4 hours.
- ☐ Pour the chilled mix into an ice cream maker, and freeze according to manufacturer's instructions; pack the ice cream into a lidded container, and freeze until firm, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:72.02, Inflammation Score:-9, Nutrition Score:37.167391279469%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1128.03kcal (56.4%), Fat: 58.08g (89.35%), Saturated Fat: 14.57g (91.05%), Carbohydrates: 147.35g (49.12%), Net Carbohydrates: 127.06g (46.2%), Sugar: 122.17g (135.75%), Cholesterol: 52.28mg (17.43%), Sodium: 237.7mg (10.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Fiber: 20.29g (81.16%), Folate: 261.25µg (65.31%), Vitamin K: 64.53µg (61.46%), Vitamin B2: 1.03mg (60.85%), Potassium: 2099.8mg (59.99%), Phosphorus: 566mg (56.6%), Calcium: 565.72mg (56.57%), Vitamin B5: 5.51mg (55.14%), Vitamin C: 40.13mg (48.64%), Vitamin B6: 0.9mg (45.19%), Vitamin E: 6.57mg (43.83%), Magnesium: 139.5mg (34.88%), Copper:

0.65mg (32.58%), Vitamin B3: 5.67mg (28.37%), Zinc: 3.54mg (23.63%), Manganese: 0.45mg (22.41%), Vitamin B1: 0.32mg (21.41%), Vitamin A: 973.61IU (19.47%), Iron: 2.05mg (11.4%), Vitamin B12: 0.63µg (10.53%), Selenium: 6.98µg (9.97%), Vitamin D: 0.82µg (5.46%)