



Berry Berry Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk
- ☐ 0.5 cup orange juice unsweetened
- ☐ 1.5 cups raspberries fresh
- ☐ 1.5 cups strawberries fresh
- ☐ 1.3 cups sugar
- ☐ 0.3 cup water
- ☐ 1 cup whipping cream

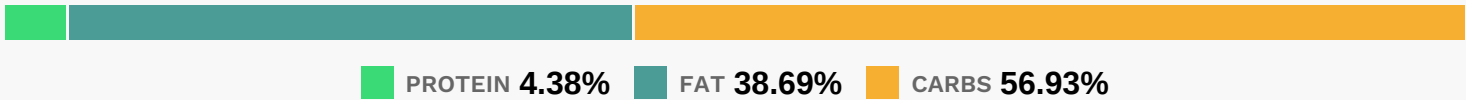
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Place berry mixture in a wire-mesh strainer; press with back of spoon against the sides of the strainer to squeeze out juice. Discard pulp and seeds remaining in strainer.
- ☐ Add sugar, buttermilk, cream, and orange juice to strained mixture; stir well.
- ☐ Pour mixture into freezer container of a 1-gallon hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand 1 hour before serving.
- ☐ Garnish with fresh berries, if desired.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:14.82, Inflammation Score:-3, Nutrition Score:4.0126086888106%

Flavonoids

Cyanidin: 6.14mg, Cyanidin: 6.14mg, Cyanidin: 6.14mg, Cyanidin: 6.14mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 3.96mg, Pelargonidin: 3.96mg, Pelargonidin: 3.96mg, Pelargonidin: 3.96mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 168kcal (8.4%), Fat: 7.48g (11.51%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.6g (8.58%), Sugar: 23.25g (25.83%), Cholesterol: 22.98mg (7.66%), Sodium: 41.36mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin C: 16.97mg (20.57%), Manganese: 0.15mg (7.46%), Vitamin A: 330.28IU (6.61%), Vitamin B2: 0.11mg (6.21%), Calcium: 57.62mg (5.76%), Phosphorus: 47.94mg (4.79%), Vitamin D: 0.72µg (4.78%), Fiber: 1.16g (4.65%), Potassium: 123.55mg (3.53%), Vitamin B12: 0.18µg (3.08%), Folate: 11.45µg (2.86%), Selenium: 1.99µg (2.84%), Magnesium: 10.47mg (2.62%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.34mg (2.27%), Vitamin K: 2µg (1.9%), Vitamin B6: 0.04mg (1.81%), Copper: 0.04mg (1.77%), Zinc: 0.25mg (1.69%), Iron: 0.21mg (1.15%), Vitamin B3: 0.21mg (1.07%)