



Berry Ice Milk

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

- 4 ounce carton egg substitute
- 2 teaspoons juice of lemon
- 1 cup milk 2% low-fat
- 0.7 cup raspberries
- 1 cup evaporated skimmed milk
- 2 cups strawberries sliced
- 0.7 cup sugar

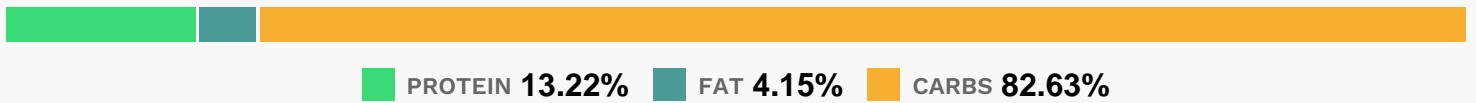
Equipment

- food processor
- bowl
- sieve

Directions

- Place raspberries in food processor, and process until smooth. Press pure through a sieve; set pure aside, and discard seeds.
- Combine the sugar, sliced strawberries, and lemon juice in processor, and process until smooth.
- Add raspberry pure, evaporated milk, and egg substitute, and process until blended.
- Pour mixture into a large bowl, and stir in low-fat milk.
- Pour berry mixture into the freezer can of a 2-quart ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:3.4591304763504%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 5.17mg, Pelargonidin: 5.17mg, Pelargonidin: 5.17mg, Pelargonidin: 5.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

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Nutrients (% of daily need)

Calories: 63.46kcal (3.17%), Fat: 0.31g (0.47%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.9g (4.69%), Sugar: 12.66g (14.07%), Cholesterol: 1.37mg (0.46%), Sodium: 30.23mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 13.91mg (16.86%), Selenium: 4.2µg (6%), Manganese: 0.12mg (5.98%), Calcium: 55.11mg (5.51%), Vitamin B2: 0.09mg (5.08%), Phosphorus: 48.57mg (4.86%), Vitamin B12: 0.23µg (3.86%), Vitamin D: 0.51µg (3.38%), Potassium: 114.31mg (3.27%), Fiber: 0.79g (3.14%), Vitamin B5: 0.3mg (3.03%), Vitamin B1: 0.04mg (2.4%), Magnesium: 9.31mg (2.33%), Vitamin B6: 0.04mg (2.21%), Folate: 8.26µg (2.07%), Zinc: 0.28mg (1.9%), Vitamin A: 91.36IU (1.83%), Vitamin E: 0.24mg (1.62%), Iron: 0.29mg (1.61%)