



## Black Raspberry Vegan Ice Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



747 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons arrowroot powder
- ☐ 1 cup raspberries fresh black divided
- ☐ 2 cups non-dairy creamer like mimiccreme
- ☐ 1 cup soymilk divided
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon vanilla

### Equipment

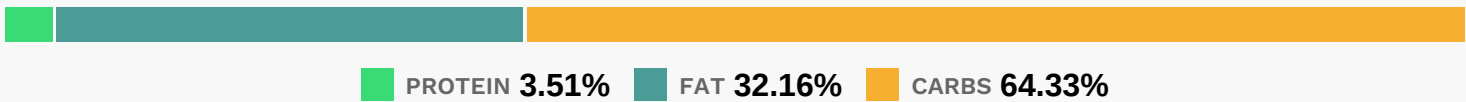
- ☐ bowl

- ☐ sauce pan
- ☐ blender
- ☐ ice cream machine

## Directions

- ☐ In a small bowl, mix 1/4 cup soymilk with arrowroot and set aside. In a blender, purée 1/2 cup raspberries, soy creamer, remaining 3/4 cup soymilk, and sugar.
- ☐ Transfer mixture to a medium–size saucepan and cook over low heat. Once mixture begins to boil, remove from heat and immediately add arrowroot cream. This will cause the liquid to thicken noticeably.
- ☐ Add vanilla extract.Refrigerate mixture until chilled, approximately 2 to 3 hours. Freeze according to your ice cream maker’s instructions. In the last few minutes of churning, add remaining 1/2 cup raspberries.

## Nutrition Facts



## Properties

Glycemic Index:107.25, Glycemic Load:60.17, Inflammation Score:-5, Nutrition Score:14.092173835506%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 746.73kcal (37.34%), Fat: 26.92g (41.41%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 121.15g (40.38%), Net Carbohydrates: 116.5g (42.36%), Sugar: 108.67g (120.74%), Cholesterol: 0mg (0%), Sodium: 221.9mg (9.65%), Alcohol: 2.24g (100%), Alcohol %: 0.56% (100%), Protein: 6.62g (13.23%), Vitamin E: 5.44mg (36.26%), Vitamin C:

24.22mg (29.35%), Manganese: 0.46mg (22.88%), Vitamin B3: 4.27mg (21.35%), Vitamin B12: 1.27µg (21.24%), Potassium: 727.38mg (20.78%), Calcium: 206.46mg (20.65%), Fiber: 4.64g (18.58%), Phosphorus: 171.79mg (17.18%), Vitamin B2: 0.28mg (16.36%), Vitamin B6: 0.31mg (15.5%), Folate: 50.92µg (12.73%), Copper: 0.21mg (10.61%), Vitamin A: 519.54IU (10.39%), Vitamin K: 10.68µg (10.17%), Vitamin D: 1.42µg (9.44%), Selenium: 5.92µg (8.46%), Iron: 1.14mg (6.31%), Vitamin B1: 0.09mg (6.21%), Zinc: 0.6mg (4.02%), Magnesium: 14.22mg (3.55%), Vitamin B5: 0.21mg (2.1%)