



Blackberry Swirl Ice Cream

 Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 1 cup blackberries
- ☐ 2 tablespoons plus
- ☐ 0.5 cup crème fraîche
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 7.5 ounce marshmallow creme
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 teaspoons vanilla paste

☐ 4 cups milk whole divided

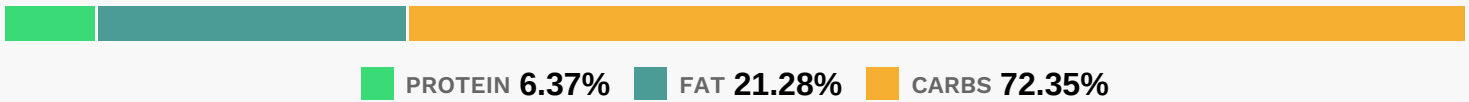
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 4 ingredients; beat with a mixer until smooth. Beat in crme frache and 1 cup milk. Stir in 3 cups milk and corn syrup.
- ☐ Pour into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Combine blackberries and lemon juice in a food processor; process until smooth. Strain the berry mixture through a fine sieve over a bowl; discard solids. Scrape ice cream into a freezer-safe container.
- ☐ Drizzle berry mixture over top of ice cream; swirl gently. Cover and freeze 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:14.8, Inflammation Score:-3, Nutrition Score:5.7482608245767%

Flavonoids

Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 276.41kcal (13.82%), Fat: 6.85g (10.54%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 51.43g (18.7%), Sugar: 45.24g (50.26%), Cholesterol: 23.12mg (7.71%), Sodium: 127.26mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Calcium: 170.84mg (17.08%), Phosphorus: 138.26mg (13.83%), Vitamin B2: 0.2mg (11.8%), Vitamin B12: 0.69µg (11.48%), Vitamin D: 1.34µg (8.95%), Potassium: 232.46mg (6.64%), Vitamin A: 325.83IU (6.52%), Manganese: 0.12mg (6.19%), Vitamin C: 4.64mg (5.62%), Vitamin B5: 0.56mg (5.55%), Vitamin B1: 0.08mg (5.23%), Magnesium: 19.85mg (4.96%), Zinc: 0.67mg (4.47%), Selenium: 3.06µg (4.37%), Vitamin B6: 0.09mg (4.33%), Vitamin K: 4.15µg (3.95%), Fiber: 0.96g (3.84%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (1.75%), Folate: 5.74µg (1.43%), Vitamin B3: 0.26mg (1.3%)