



Blueberry, coconut & lime ice cream



Vegetarian



Gluten Free

READY IN



600 min.

SERVINGS



4

CALORIES



655 kcal

DESSERT

Ingredients

- ☐ 2 lime
- ☐ 140 g brown sugar
- ☐ 125 g blueberries
- ☐ 200 ml full fat coconut cream
- ☐ 284 ml double cream
- ☐ 4 servings blueberries

Equipment

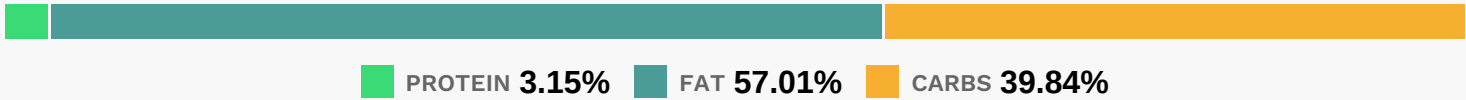
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Finely grate the zest from one of the limes and squeeze the juice from both. Put in a small pan with the sugar and heat gently, stirring to dissolve the sugar.
- ☐ Add the blueberries and simmer for 2 minutes, just until the skins start to split.
- ☐ Pour the blueberry mixture into a bowl and stir in the coconut cream. Leave to cool. Whip the cream in a large bowl until it just holds its shape, then gradually stir in the blueberry mixture.
- ☐ Put the bowl in the freezer for about 1 hour, until the mixture is set about 3cm in from the edges.
- ☐ Remove from the freezer and mix it all together using a whisk. When its fairly smooth, return to the freezer for a further hour, then repeat the whisking one more time.
- ☐ Transfer the ice cream to a rigid container, cover and freeze until firm, or for up to a month. Before serving,move to the fridge for 30 minutes to soften it.
- ☐ Serve with extra blueberries scattered over.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:9.5, Inflammation Score:-8, Nutrition Score:14.718695718309%

Flavonoids

Cyanidin: 15.16mg, Cyanidin: 15.16mg, Cyanidin: 15.16mg, Cyanidin: 15.16mg Petunidin: 56.52mg, Petunidin: 56.52mg, Petunidin: 56.52mg, Petunidin: 56.52mg Delphinidin: 63.51mg, Delphinidin: 63.51mg, Delphinidin: 63.51mg, Delphinidin: 63.51mg Malvidin: 121.16mg, Malvidin: 121.16mg, Malvidin: 121.16mg, Malvidin: 121.16mg Peonidin: 36.37mg, Peonidin: 36.37mg, Peonidin: 36.37mg, Peonidin: 36.37mg Catechin: 9.48mg, Catechin: 9.48mg, Catechin: 9.48mg, Catechin: 9.48mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

13.88mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 655.44kcal (32.77%), Fat: 44.03g (67.74%), Saturated Fat: 32.08g (200.52%), Carbohydrates: 69.25g (23.08%), Net Carbohydrates: 62.89g (22.87%), Sugar: 54.46g (60.51%), Cholesterol: 80.71mg (26.9%), Sodium: 33.58mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Manganese: 1.29mg (64.47%), Vitamin K: 37.08µg (35.32%), Vitamin C: 28.98mg (35.13%), Fiber: 6.36g (25.42%), Vitamin A: 1163.47IU (23.27%), Copper: 0.34mg (17%), Phosphorus: 132.25mg (13.22%), Potassium: 451.44mg (12.9%), Vitamin B2: 0.21mg (12.62%), Iron: 2.18mg (12.11%), Vitamin E: 1.75mg (11.68%), Calcium: 103.58mg (10.36%), Magnesium: 35.12mg (8.78%), Vitamin B6: 0.17mg (8.54%), Vitamin D: 1.14µg (7.62%), Folate: 28.31µg (7.08%), Vitamin B1: 0.11mg (7.06%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.99mg (6.62%), Vitamin B5: 0.66mg (6.56%), Selenium: 2.88µg (4.11%), Vitamin B12: 0.11µg (1.9%)