



Blues-Busting Blueberry Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1138 kcal

DESSERT

Ingredients

- ☐ 2.5 cups blueberries fresh rinsed
- ☐ 3 cups cup heavy whipping cream whole
- ☐ 1 juice of lemon
- ☐ 1 cup sugar

Equipment

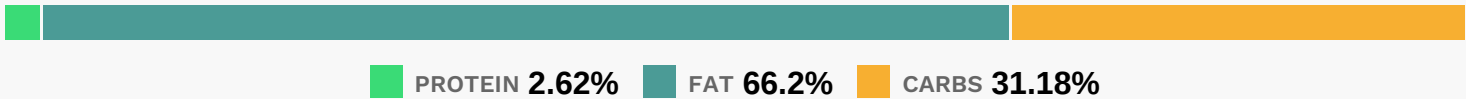
- ☐ food processor
- ☐ bowl
- ☐ whisk

☐ ice cream machine

Directions

- ☐ Puree the blueberries with the sugar and lemon juice in the bowl of a food processor until smooth.
- ☐ Pour into a large bowl.
- ☐ Whisk in the cream until thoroughly combined.
- ☐ Pour into an ice cream maker and freeze according to the manufacturer's directions.
- ☐ Serve in separate bowls garnished with a few fresh blueberries and a sprig of mint.
- ☐ This can also be frozen in a container in the freezer and stirred every 15 minutes.
- ☐ From Southern Farmers Market Cookbook by Holly Herrick. Text © 2009 Holly Herrick; photographs © 2009 Rick McKee. Reprinted with permission of Gibbs Smith.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:52.51, Inflammation Score:-9, Nutrition Score:14.721304240434%

Flavonoids

Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg, Cyanidin: 10.43mg Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg, Petunidin: 38.89mg Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg, Delphinidin: 43.7mg Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg, Malvidin: 83.36mg Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg, Peonidin: 25.02mg Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin: 1.61mg Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg, Quercetin: 9.5mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 1138.37kcal (56.92%), Fat: 86.56g (133.17%), Saturated Fat: 54.78g (342.37%), Carbohydrates: 91.73g (30.58%), Net Carbohydrates: 88.74g (32.27%), Sugar: 86.02g (95.58%), Cholesterol: 268.94mg (89.65%), Sodium: 66.26mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin A: 3565.8IU (71.32%), Vitamin B2: 0.51mg (30.13%), Vitamin K: 31.42µg (29.92%), Vitamin D: 3.81µg (25.39%), Manganese: 0.42mg (21.03%), Vitamin C: 17.26mg (20.92%), Vitamin E: 2.91mg (19.38%), Calcium: 165.75mg (16.57%), Phosphorus: 153.64mg (15.36%), Fiber: 2.99g (11.96%), Selenium: 7.67µg (10.96%), Potassium: 332.7mg (9.51%), Vitamin B5: 0.77mg (7.73%), Vitamin B6: 0.15mg (7.6%), Vitamin B1: 0.1mg (6.38%), Vitamin B12: 0.38µg (6.35%), Magnesium: 24.66mg (6.16%), Zinc: 0.78mg (5.2%), Copper: 0.1mg (5.14%), Folate: 18.92µg (4.73%), Iron: 0.62mg (3.47%), Vitamin B3: 0.68mg (3.38%)