



WHATSheATE



Buttermilk and Lekvar Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



760 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons granulated sugar light white
- ☐ 3 cups buttermilk
- ☐ 2 tablespoons blackstrap molasses dark
- ☐ 1 tablespoon juice of lemon
- ☐ 12 ounce prune- cut to pieces (jewish-style canned)

Equipment

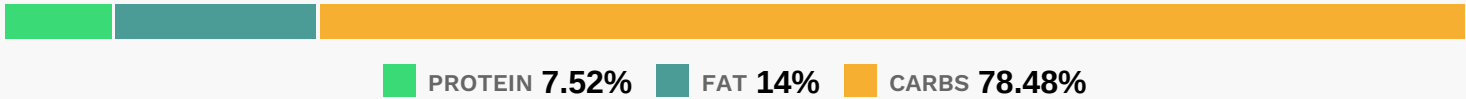
- ☐ bowl
- ☐ whisk

☐ ice cream machine

Directions

- ☐ Whisk together buttermilk, lekvar, lemon juice, mollasses, and sugar in a large bowl until sugar is dissolved and mixture is homogenous. Chill well, then freeze in ice cream machine according to manufacturer's instructions.
- ☐ Transfer to a sealed container and place in freezer for at least 2 hours. Scoop and serve.

Nutrition Facts



Properties

Glycemic Index:87.05, Glycemic Load:52.6, Inflammation Score:-9, Nutrition Score:31.643043559531%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 760.38kcal (38.02%), Fat: 12.66g (19.47%), Saturated Fat: 7g (43.73%), Carbohydrates: 159.65g (53.22%), Net Carbohydrates: 147.55g (53.65%), Sugar: 115.47g (128.3%), Cholesterol: 39.6mg (13.2%), Sodium: 389.06mg (16.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.58%), Vitamin K: 102.29µg (97.42%), Potassium: 2031.2mg (58.03%), Vitamin B2: 0.94mg (55.33%), Calcium: 528.77mg (52.88%), Fiber: 12.1g (48.4%), Phosphorus: 430.17mg (43.02%), Manganese: 0.83mg (41.53%), Magnesium: 154.59mg (38.65%), Vitamin A: 1922.91IU (38.46%), Copper: 0.67mg (33.39%), Vitamin D: 4.68µg (31.2%), Vitamin B6: 0.62mg (30.79%), Vitamin B12: 1.66µg (27.6%), Selenium: 17.51µg (25.01%), Vitamin B5: 2.26mg (22.56%), Vitamin B3: 3.71mg (18.57%), Vitamin B1: 0.27mg (17.73%), Iron: 2.65mg (14.72%), Zinc: 2.18mg (14.53%), Vitamin E: 0.99mg (6.63%), Folate: 26.3µg (6.58%), Vitamin C: 3.92mg (4.76%)