



Cannoli Ice Cream

 Gluten Free

READY IN



180 min.

SERVINGS



2

CALORIES



1829 kcal

DESSERT

Ingredients

- 0.3 cup fruit jell-o® mix mixed
- 0.5 teaspoon cinnamon
- 0.5 cup cup heavy whipping cream
- 0.5 pound ricotta cheese drained well
- 0.5 cup semi chocolate chips
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 1 quart whipped cream softened

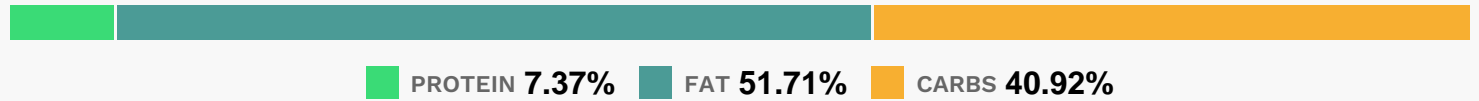
Equipment

- mixing bowl
- plastic wrap
- hand mixer

Directions

- Put the softened ice cream into a very large mixing bowl, and fold in the drained ricotta cheese. Cover with plastic wrap and refrigerate while you complete the next few steps.
- With an electric mixer, whip the cream until it reaches the point of soft peaks.
- Add the sugar, vanilla, and cinnamon; beat again, on high speed, until the cream reaches stiff peaks.
- Fold the whipped cream into the ice cream and cheese mixture, and stir in the chocolate chips and candied fruit. Pack the ice cream tightly into a container, cover, and freeze until firm, at least three hours.

Nutrition Facts



Properties

Glycemic Index:81.55, Glycemic Load:84.49, Inflammation Score:-9, Nutrition Score:34.362608951071%

Nutrients (% of daily need)

Calories: 1829.02kcal (91.45%), Fat: 105.57g (162.42%), Saturated Fat: 65.14g (407.1%), Carbohydrates: 187.98g (62.66%), Net Carbohydrates: 179.53g (65.28%), Sugar: 158.13g (175.7%), Cholesterol: 335.97mg (111.99%), Sodium: 511.9mg (22.26%), Alcohol: 0.34g (100%), Alcohol %: 0.06% (100%), Caffeine: 38.7mg (12.9%), Protein: 33.88g (67.76%), Calcium: 952.27mg (95.23%), Vitamin B2: 1.5mg (88.03%), Phosphorus: 827.89mg (82.79%), Vitamin A: 3417.8IU (68.36%), Selenium: 30.69µg (43.84%), Magnesium: 162.5mg (40.63%), Vitamin B12: 2.41µg (40.12%), Zinc: 5.93mg (39.52%), Potassium: 1376.5mg (39.33%), Manganese: 0.73mg (36.61%), Copper: 0.7mg (35.25%), Fiber: 8.45g (33.8%), Vitamin B5: 3.28mg (32.8%), Iron: 4.5mg (25.01%), Vitamin E: 2.37mg (15.79%), Vitamin B1: 0.24mg (15.68%), Vitamin B6: 0.31mg (15.65%), Vitamin D: 2.13µg (14.17%), Folate: 39.68µg (9.92%), Vitamin K: 7.97µg (7.59%), Vitamin B3: 1.09mg (5.46%), Vitamin C: 3.92mg (4.76%)