



7%
HEALTH SCORE

Cannoli Ice Cream w. Pistachios & Dark Chocolate

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



3

CALORIES



577 kcal

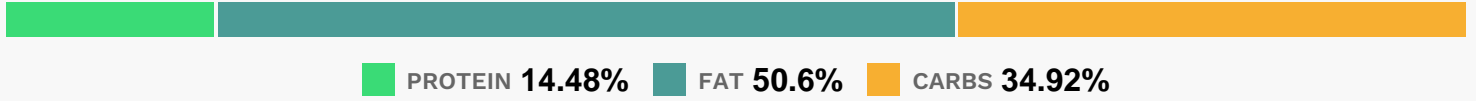
DESSERT

Ingredients

- 2 ounces chocolate dark 70%
- 0.5 cup milk
- 0.3 cup pistachios raw
- 1.8 cups ricotta cheese
- 1 small pinch salt
- 0.5 cup sugar
- 0.5 tsp vanilla

Equipment

Nutrition Facts



Properties

Glycemic Index:58.7, Glycemic Load:27.02, Inflammation Score:-6, Nutrition Score:14.742608695652%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Taste

Sweetness: 100%, Saltiness: 92.74%, Sourness: 83.2%, Bitterness: 60.93%, Savoriness: 19.02%, Fattiness: 81.34%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 577.09kcal (28.85%), Fat: 32.9g (50.61%), Saturated Fat: 17.95g (112.22%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 47.96g (17.44%), Sugar: 41.02g (45.58%), Cholesterol: 79.23mg (26.41%), Sodium: 154.17mg (6.7%), Alcohol: 0.24g (1.34%), Caffeine: 15.12mg (5.04%), Protein: 21.17g (42.35%), Phosphorus: 378.12mg (37.81%), Calcium: 374.46mg (37.45%), Selenium: 23.95µg (34.22%), Manganese: 0.5mg (25.22%), Copper: 0.5mg (25.03%), Vitamin B2: 0.38mg (22.14%), Magnesium: 76.37mg (19.09%), Zinc: 2.7mg (18%), Iron: 3.22mg (17.88%), Vitamin A: 759.56IU (15.19%), Vitamin B6: 0.27mg (13.43%), Potassium: 454.8mg (12.99%), Vitamin B12: 0.76µg (12.74%), Fiber: 3.12g (12.46%), Vitamin B1: 0.14mg (9.15%), Vitamin B5: 0.59mg (5.92%), Folate: 22.59µg (5.65%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.53mg (3.51%), Vitamin K: 3.09µg (2.95%), Vitamin B3: 0.53mg (2.64%)