



## Caramel-Cashew Ice Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



479 kcal

DESSERT

### Ingredients

- 0.5 cup butterscotch-caramel topping
- 10 servings toppings: butterscotch-caramel topping chopped
- 1 cup cashew pieces salted chopped
- 14 oz condensed milk sweetened canned
- 2 cups whipping cream

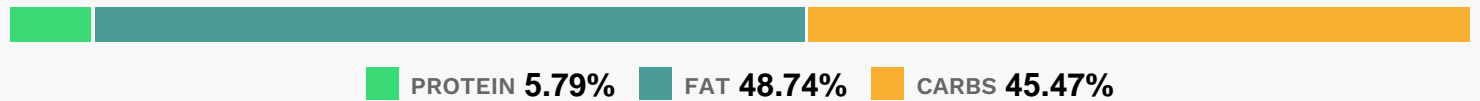
### Equipment

- mixing bowl
- hand mixer

## Directions

- Beat whipping cream at high speed with an electric mixer until stiff peaks form.
- Stir together sweetened condensed milk and 1/2 cup butterscotch-caramel topping in a large mixing bowl. Fold in whipped cream and 1 cup cashews.
- Place in an airtight container; freeze 6 to 8 hours or until firm.
- Serve with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-6, Nutrition Score:8.2921740283137%

## Nutrients (% of daily need)

Calories: 478.69kcal (23.93%), Fat: 26.99g (41.52%), Saturated Fat: 14.38g (89.88%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 56.25g (20.46%), Sugar: 52.91g (58.79%), Cholesterol: 67.28mg (22.43%), Sodium: 325.87mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Phosphorus: 215.16mg (21.52%), Calcium: 175.44mg (17.54%), Vitamin A: 851.86IU (17.04%), Vitamin B2: 0.28mg (16.59%), Copper: 0.32mg (15.77%), Selenium: 9.57µg (13.67%), Magnesium: 51.84mg (12.96%), Potassium: 303.73mg (8.68%), Zinc: 1.25mg (8.36%), Manganese: 0.14mg (7.08%), Vitamin B5: 0.67mg (6.67%), Vitamin K: 6.52µg (6.2%), Vitamin B12: 0.34µg (5.72%), Vitamin D: 0.84µg (5.61%), Iron: 0.94mg (5.25%), Vitamin B1: 0.07mg (4.84%), Vitamin E: 0.65mg (4.35%), Folate: 16.75µg (4.19%), Vitamin B6: 0.07mg (3.6%), Vitamin C: 1.57mg (1.91%), Fiber: 0.41g (1.64%), Vitamin B3: 0.31mg (1.53%)