



Cardamom-Pistachio Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



578 kcal

Ingredients

- ☐ 12 oz evaporated milk chilled canned
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 cup roasted pistachios unsalted
- ☐ 14 oz condensed milk sweetened chilled canned
- ☐ 2 cups whipping cream

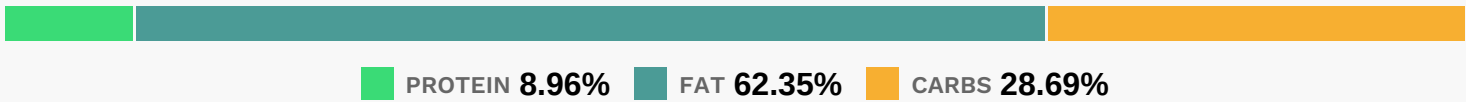
Equipment

- ☐ bowl
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a blender, combine evaporated milk, condensed milk, pistachios, and cardamom; whirl until nuts are finely ground.
- ☐ In a large bowl with a mixer at high speed, whip cream until it holds distinct peaks.
- ☐ Add nut mixture to cream; fold to blend well.
- ☐ Pour into a 2-quart (or larger) ice cream maker. Freeze according to manufacturer's directions until mixture is firm enough to scoop, dasher is hard to turn, or machine stops.
- ☐ Serve softly frozen ice cream. Or package airtight and freeze up to 1 week. Scoop ice cream into bowls.
- ☐ Add strawberry syrup and whole strawberries to taste.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:19.36, Inflammation Score:-7, Nutrition Score:13.535217254058%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 578.01kcal (28.9%), Fat: 41.14g (63.29%), Saturated Fat: 21.96g (137.26%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 40.74g (14.81%), Sugar: 39.06g (43.39%), Cholesterol: 110.21mg (36.74%), Sodium: 142.08mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.61%), Phosphorus: 367.9mg (36.79%), Calcium: 351.75mg (35.17%), Vitamin B2: 0.55mg (32.1%), Vitamin A: 1340.06IU (26.8%), Vitamin B6: 0.38mg (18.8%), Selenium: 12.78µg (18.26%), Potassium: 603.91mg (17.25%), Vitamin B1: 0.24mg (16.04%), Magnesium: 52.75mg (13.19%), Manganese: 0.26mg (12.89%), Copper: 0.25mg (12.64%), Vitamin B5: 1mg (10%), Zinc: 1.47mg (9.78%), Vitamin D: 1.25µg (8.33%), Vitamin E: 1.2mg (7.99%), Fiber: 1.85g (7.4%), Vitamin B12: 0.44µg (7.27%), Folate: 21.81µg (5.45%), Iron: 0.98mg (5.43%), Vitamin C: 3.82mg (4.63%), Vitamin K: 2.81µg (2.67%), Vitamin B3: 0.49mg (2.43%)