



Carrot Cake Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



240 min.

SERVINGS



2

CALORIES



1140 kcal

DESSERT

Ingredients

- ☐ 1 cup carrots packed grated ()
- ☐ 8 ounces cream cheese
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 cups half and half
- ☐ 2 servings kosher salt
- ☐ 0.8 cup sugar raw (turbinado)
- ☐ 2 tablespoons butter unsalted

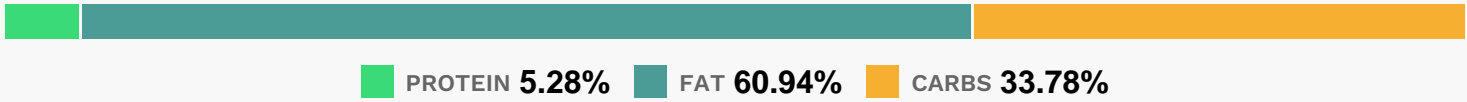
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Heat butter in a medium skillet on medium heat until it melts and foam subsides, then add carrots and 1/4 teaspoon of salt. Increase heat to high and cook, stirring frequently, until very soft and beginning to brown around the edges, about 5 minutes.
- ☐ Transfer carrots to blender and add half and half and sugar. Blend on high until well combined, about 30 seconds. Blend in cream cheese and cloves until well combined. Season to taste with salt.
- ☐ Pour through a strainer into an airtight container and chill in refrigerator until very cold, about 3 hours. Churn in ice cream machine according to manufacturer's instructions. Chill in freezer for at least 4 hours until firm and scoopable; let ice cream rest on counter 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:3.72, Inflammation Score:-10, Nutrition Score:18.237826114116%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1140.13kcal (57.01%), Fat: 78.36g (120.56%), Saturated Fat: 47.14g (294.6%), Carbohydrates: 97.74g (32.58%), Net Carbohydrates: 95.9g (34.87%), Sugar: 91.7g (101.88%), Cholesterol: 229.33mg (76.44%), Sodium: 745.78mg (32.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin A: 13421.52IU (268.43%), Vitamin B2: 0.77mg (45.44%), Calcium: 403.33mg (40.33%), Phosphorus: 377.88mg (37.79%), Selenium: 17.71µg (25.3%), Potassium: 700.35mg (20.01%), Vitamin E: 2.34mg (15.59%), Vitamin B5: 1.54mg (15.37%), Vitamin K: 15.13µg (14.41%), Vitamin B6: 0.27mg (13.69%), Vitamin B12: 0.73µg (12.22%), Zinc: 1.7mg (11.35%),

Magnesium: 44.19mg (11.05%), Manganese: 0.22mg (10.86%), Vitamin B1: 0.14mg (9.45%), Folate: 30.08µg (7.52%),
Fiber: 1.83g (7.34%), Vitamin C: 5.95mg (7.22%), Vitamin B3: 1mg (5.02%), Iron: 0.73mg (4.08%), Copper: 0.08mg
(4.03%), Vitamin D: 0.21µg (1.4%)