



Chai Coconut Ice Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



804 kcal

Ingredients

- 1 teaspoon cinnamon (such as this one)
- 28 ounce coconut milk canned
- 0.1 teaspoon nutmeg (such as this one)
- 1 pinch salt
- 1 tablespoon vanilla extract (such as this one)

Equipment

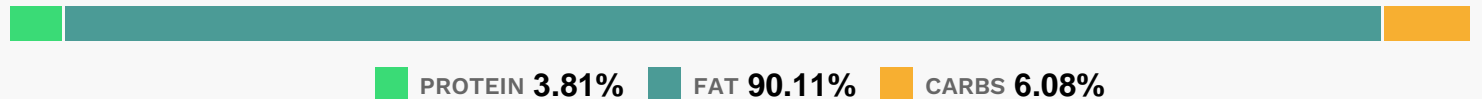
- bowl
- whisk
- blender

ice cream machine

Directions

If you own a large blender, blend all of the ingredients until smooth. Otherwise simply place in a large bowl and whisk well. Follow the instructions on your ice cream maker to freeze your ice cream (I always add just a couple of minutes to the time listed for coconut milk ice cream). It generally takes about 20 minutes. If you don't have an ice cream maker, you could consider trying one of these methods.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:10.86, Inflammation Score:-5, Nutrition Score:17.543043580392%

Nutrients (% of daily need)

Calories: 803.73kcal (40.19%), Fat: 84.72g (130.34%), Saturated Fat: 75.11g (469.43%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.29g (4.47%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 71.68mg (3.12%), Alcohol: 2.24g (100%), Alcohol %: 0.7% (100%), Protein: 8.07g (16.14%), Manganese: 3.24mg (162.07%), Iron: 13.19mg (73.29%), Magnesium: 184.18mg (46.05%), Copper: 0.89mg (44.72%), Phosphorus: 382.31mg (38.23%), Potassium: 887.54mg (25.36%), Zinc: 2.25mg (15.01%), Folate: 55.72µg (13.93%), Vitamin B3: 2.57mg (12.85%), Calcium: 82.42mg (8.24%), Vitamin B5: 0.61mg (6.13%), Vitamin B1: 0.09mg (5.91%), Vitamin B6: 0.11mg (5.73%), Vitamin C: 4.01mg (4.86%), Fiber: 0.56g (2.23%)