



Cherry ice cream

 Vegetarian  Gluten Free

READY IN



360 min.

SERVINGS



8

CALORIES



256 kcal

DESSERT

Ingredients

- 1.5 cups cherries pitted (from)
- 1 tsp cornstarch
- 1.8 cups cup heavy whipping cream
- 1 tsp juice of lemon
- 0.8 cup milk
- 1 pinch salt
- 0.5 cup sugar

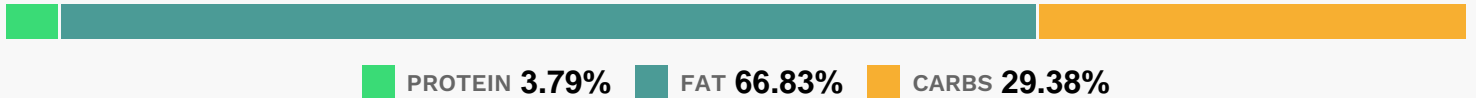
Equipment

- bowl
- sauce pan
- blender
- ice cream machine

Directions

- Put cherries, milk, one cup of the cream, sugar, and salt into a medium saucepan.
- Heat on medium heat until the mixture is steamy, then lower the heat and let sit for about 15 minutes.
- Remove from heat.
- Pour mixture into a blender, and carefully pure (because of the hot liquid).Put mixture into a large bowl and stir in the remaining cup of cream. Chill for several hours in the refrigerator until completely cold.Stir in cornstarch, lemon juice and Amaretto.
- Pour the mixture into an ice cream machine and churn until frozen.
- Transfer to plastic container and place in the freezer for an hour before serving.Serving: take it out for 5-10 minutes before serving, or longer, so it comes to the right scooping temperature.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:9.92, Inflammation Score:-5, Nutrition Score:3.5060869565217%

Flavonoids

Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 256.25kcal (12.81%), Fat: 19.62g (30.18%), Saturated Fat: 12.41g (77.56%), Carbohydrates: 19.41g (6.47%),
Net Carbohydrates: 18.86g (6.86%), Sugar: 18.42g (20.47%), Cholesterol: 61.58mg (20.53%), Sodium: 27.75mg
(1.21%), Protein: 2.51g (5.01%), Vitamin A: 818.97IU (16.38%), Vitamin B2: 0.14mg (8.26%), Vitamin D: 1.08µg (7.23%),
Calcium: 66.03mg (6.6%), Phosphorus: 58.82mg (5.88%), Potassium: 142.12mg (4.06%), Vitamin B12: 0.21µg
(3.45%), Vitamin E: 0.51mg (3.4%), Selenium: 2.08µg (2.97%), Vitamin C: 2.37mg (2.87%), Vitamin B5: 0.27mg
(2.7%), Magnesium: 9.28mg (2.32%), Vitamin B6: 0.05mg (2.26%), Fiber: 0.55g (2.19%), Vitamin K: 2.28µg (2.17%),
Vitamin B1: 0.03mg (2.02%), Zinc: 0.24mg (1.59%), Copper: 0.02mg (1.13%), Manganese: 0.02mg (1.01%)