



Cherry-Rose Ice Cream

READY IN



145 min.

SERVINGS



12

CALORIES



338 kcal

DESSERT

Ingredients

- 1 cup planters almonds sliced
- 2 Tbsp kool-aid cherry flavor sugar-sweetened drink mix divided
- 0.5 oz rose petals dried
- 0.5 cup sugar
- 1.5 qt whipped cream softened
- 0.8 cup water divided
- 0.8 cup cool whip whipped topping thawed

Equipment

- bowl
- baking sheet
- sauce pan
- loaf pan
- wooden spoon
- aluminum foil

Directions

- Cook 1/2 cup water and sugar in 4-qt. saucepan on medium-high heat 1 to 2 min. or until sugar is completely dissolved, stirring occasionally with wooden spoon. Bring to boil; cook 7 min. or until slightly thickened. (Do not stir.) Stir in nuts; cook 6 to 9 min. or until nuts are evenly coated with glaze, stirring constantly. (Glaze will appear dry.) Cook and stir 1 to 3 min. or until glaze melts and caramelizes.
- Remove from heat; immediately stir in 1 Tbsp. drink mix.
- Spread onto foil-covered baking sheet; cool. Break into clusters. Reserve 1/3 cup nut clusters for garnish.
- Meanwhile, bring remaining water to boil.
- Pour over petals in small bowl; let stand 10 min. Stir in remaining drink mix.
- Stir undrained petals and remaining nut clusters into ice cream in large bowl until well blended. Spoon into 9x5-inch loaf pan. Freeze 2 hours. Unmold dessert just before serving.
- Serve topped with COOL WHIP and reserved nut clusters.

Nutrition Facts



PROTEIN 7.07% **FAT 46.14%** **CARBS 46.79%**

Properties

Glycemic Index:11.76, Glycemic Load:22.41, Inflammation Score:-5, Nutrition Score:7.7739131217418%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 337.68kcal (16.88%), Fat: 17.57g (27.03%), Saturated Fat: 8.9g (55.61%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 38.01g (13.82%), Sugar: 35.3g (39.22%), Cholesterol: 52.36mg (17.45%), Sodium: 102.67mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.11%), Vitamin B2: 0.39mg (22.79%), Calcium: 180.62mg (18.06%), Phosphorus: 168.56mg (16.86%), Vitamin E: 2.41mg (16.09%), Vitamin A: 554.94IU (11.1%), Manganese: 0.2mg (9.96%), Magnesium: 39.4mg (9.85%), Potassium: 308.52mg (8.81%), Fiber: 2.07g (8.29%), Vitamin B12: 0.48µg (7.97%), Vitamin B5: 0.74mg (7.38%), Zinc: 1.07mg (7.16%), Vitamin C: 5.77mg (6.99%), Copper: 0.11mg (5.64%), Vitamin B1: 0.07mg (4.66%), Selenium: 2.76µg (3.94%), Vitamin B6: 0.07mg (3.64%), Folate: 9.89µg (2.47%), Vitamin B3: 0.48mg (2.41%), Iron: 0.42mg (2.33%), Vitamin D: 0.24µg (1.58%)