



Christmas Tortoni

 Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup chocolate wafer crumbs (12 cookies)
- ☐ 0.5 cup blanched almonds and salted chopped
- ☐ 0.3 cup candied cherries red chopped
- ☐ 1 quart whipped cream softened
- ☐ 1 serving candied cherries green red

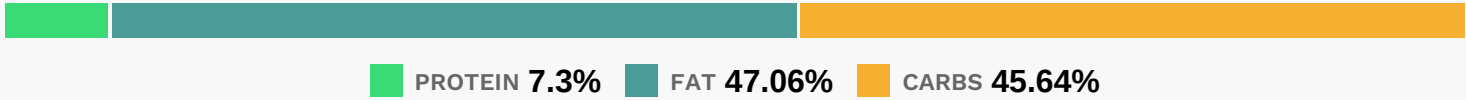
Equipment

- ☐ aluminum foil
- ☐ muffin liners

Directions

- ☐ Place paper or foil baking cup in each of 8 medium muffin cups, 2 1/2x1 1/4 inches.
- ☐ Mix cookie crumbs, almonds and 1/4 cup candied cherries; fold into ice cream.
- ☐ Divide ice-cream mixture among muffin cups. Decorate with red and green candied cherries. Freeze about 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:19.73, Inflammation Score:-4, Nutrition Score:7.6995652473491%

Nutrients (% of daily need)

Calories: 348.23kcal (17.41%), Fat: 18.46g (28.4%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 38.3g (13.93%), Sugar: 31.46g (34.95%), Cholesterol: 52.24mg (17.41%), Sodium: 150.25mg (6.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Vitamin B2: 0.36mg (21.43%), Phosphorus: 174.11mg (17.41%), Calcium: 172.75mg (17.27%), Vitamin E: 2.28mg (15.18%), Manganese: 0.22mg (10.89%), Magnesium: 42.45mg (10.61%), Vitamin A: 499.69IU (9.99%), Potassium: 306.49mg (8.76%), Fiber: 1.97g (7.87%), Vitamin B12: 0.47µg (7.83%), Zinc: 1.15mg (7.67%), Copper: 0.15mg (7.53%), Vitamin B5: 0.75mg (7.47%), Vitamin B1: 0.08mg (5.49%), Selenium: 2.91µg (4.16%), Iron: 0.74mg (4.09%), Vitamin B6: 0.07mg (3.53%), Folate: 14.13µg (3.53%), Vitamin B3: 0.68mg (3.39%), Vitamin D: 0.24µg (1.58%)