



Cinnamon-Honey "Fried" Ice Cream

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 3 cups whipped cream
- ☐ 1.5 cups buttered toast crushed finely
- ☐ 4 tablespoons honey

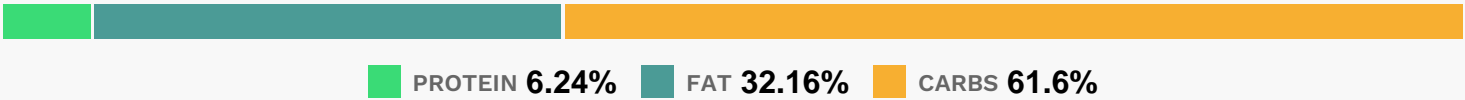
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ Scoop 6 (1/2-cup) balls of ice cream onto cookie sheet. Freeze 15 minutes.
- ☐ Meanwhile, place cereal in shallow pan.
- ☐ Drizzle 2 tablespoons of the honey evenly over cereal; mix well with fork until crumbly.
- ☐ Quickly roll 1 ball of ice cream at a time in cereal mixture to coat; return to cookie sheet. Freeze ice cream balls until firm, about 20 minutes. (If desired, cover and freeze until serving time).
- ☐ In small microwavable bowl, microwave remaining 2 tablespoons honey, uncovered, on High 20 to 30 seconds or until warm. To serve, place ice cream balls in individual dessert dishes; drizzle each with 1 teaspoon warm honey.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:15.24, Inflammation Score:-2, Nutrition Score:3.9091304177823%

Nutrients (% of daily need)

Calories: 212.14kcal (10.61%), Fat: 7.71g (11.86%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 32.46g (11.8%), Sugar: 26.02g (28.91%), Cholesterol: 29.15mg (9.72%), Sodium: 119.96mg (5.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin B2: 0.2mg (11.86%), Calcium: 98.71mg (9.87%), Phosphorus: 81.45mg (8.14%), Selenium: 4.79µg (6.84%), Vitamin A: 277.86IU (5.56%), Vitamin B1: 0.07mg (4.92%), Potassium: 153.36mg (4.38%), Vitamin B12: 0.26µg (4.33%), Vitamin B5: 0.42mg (4.24%), Folate: 15.28µg (3.82%), Zinc: 0.56mg (3.75%), Manganese: 0.06mg (3.19%), Magnesium: 12.44mg (3.11%), Fiber: 0.77g (3.09%), Iron: 0.49mg (2.74%), Vitamin B3: 0.54mg (2.68%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (1.79%), Vitamin E: 0.22mg (1.5%)