



Cinnamon Toast Crunch® Ice Cream

 Vegetarian

READY IN



80 min.

SERVINGS



5

CALORIES



228 kcal

DESSERT

Ingredients

- 2 cups buttered toast
- 0.8 cup whipping cream
- 0.3 cup sugar
- 1 teaspoon vanilla
- 0.3 teaspoon salt
- 1 serving buttered toast
- 1 serving poached berries fresh
- 2 cups frangelico

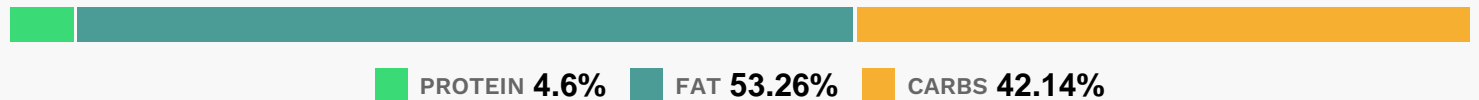
Equipment

- bowl
- sieve
- ice cream machine

Directions

- Coarsely crush the 2 cups cereal. In large bowl, pour half-and-half and cream.
- Add crushed cereal; mix well. Cover and refrigerate 30 minutes.
- Strain mixture through a fine mesh strainer into medium bowl; discard solids.
- Add sugar, vanilla and salt; mix well to dissolve sugar.
- Pour cream mixture into freezer container of ice cream maker. Freeze according to manufacturer's directions.
- For soft serve ice cream, freeze ice cream 30 minutes; spoon into individual bowls. For scoopable ice cream, spoon ice cream into freezer container; freeze until firm, about 6 hours.
- Let stand at room temperature 10 to 15 minutes before scooping. To serve, scoop ice cream into individual bowls. Top with additional cereal and berries.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:9.31, Inflammation Score:-4, Nutrition Score:3.4191304406394%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.45kcal (11.42%), Fat: 13.66g (21.02%), Saturated Fat: 8.32g (51.98%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 23.86g (8.68%), Sugar: 15.33g (17.03%), Cholesterol: 40.52mg (13.51%), Sodium: 233.86mg

(10.17%), Alcohol: 0.28g (100%), Alcohol %: 0.51% (100%), Protein: 2.65g (5.31%), Vitamin A: 524.88IU (10.5%), Selenium: 6.79µg (9.7%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.08mg (5.52%), Folate: 20.37µg (5.09%), Calcium: 45.53mg (4.55%), Manganese: 0.08mg (4%), Phosphorus: 39.52mg (3.95%), Vitamin D: 0.57µg (3.81%), Vitamin B3: 0.74mg (3.71%), Iron: 0.65mg (3.62%), Vitamin E: 0.37mg (2.49%), Magnesium: 7.34mg (1.84%), Fiber: 0.46g (1.84%), Vitamin K: 1.79µg (1.71%), Potassium: 59.34mg (1.7%), Copper: 0.03mg (1.54%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.02mg (1.21%), Vitamin B12: 0.06µg (1.01%)