



Coconut-Avocado Ice Cream

 Vegetarian  Gluten Free

READY IN



790 min.

SERVINGS



2

CALORIES



1062 kcal

DESSERT

Ingredients

- 1 pound avocados pitted peeled
- 1 cup full fat coconut cream
- 0.8 teaspoon juice of lemon
- 1.5 cups milk
- 0.5 cup sugar white

Equipment

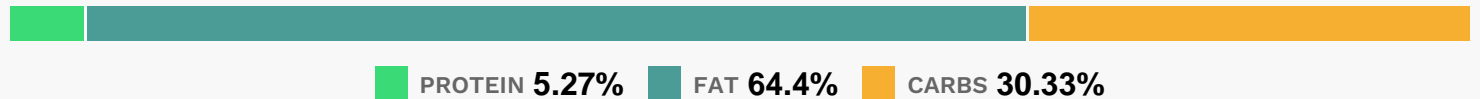
- bowl
- blender

ice cream machine

Directions

- Puree milk, coconut cream, sugar, avocados, and lemon juice in a blender until smooth.
- Pour into a bowl, cover, and refrigerate for several hours until cold. Freeze in an ice cream machine according to manufacturer's directions, then freeze overnight.
- Allow ice cream to soften in refrigerator for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:74.05, Glycemic Load:39.81, Inflammation Score:-8, Nutrition Score:33.797391248786%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1061.59kcal (53.08%), Fat: 80.98g (124.58%), Saturated Fat: 45.14g (282.12%), Carbohydrates: 85.8g (28.6%), Net Carbohydrates: 67.96g (24.71%), Sugar: 60.25g (66.94%), Cholesterol: 21.96mg (7.32%), Sodium: 90.73mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Manganese: 1.9mg (94.82%), Fiber: 17.84g (71.36%), Folate: 211.68µg (52.92%), Potassium: 1767.39mg (50.5%), Vitamin K: 48.18µg (45.88%), Phosphorus: 449.31mg (44.93%), Copper: 0.89mg (44.51%), Vitamin B5: 4.15mg (41.48%), Vitamin B6: 0.75mg (37.59%), Vitamin B2: 0.56mg (32.77%), Vitamin C: 26.77mg (32.44%), Vitamin E: 4.79mg (31.93%), Magnesium: 121.44mg (30.36%), Calcium: 266.12mg (26.61%), Vitamin B3: 5.21mg (26.04%), Zinc: 3.36mg (22.4%), Iron: 4.01mg (22.28%), Vitamin B1: 0.29mg (19.39%), Vitamin B12: 0.99µg (16.47%), Vitamin D: 2.01µg (13.42%), Vitamin A: 627.69IU (12.55%), Selenium: 4.69µg (6.69%)