



## Coconut Avocado Ice Cream

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



75 kcal

DESSERT

### Ingredients

- ☐ 2 medium avocados chilled ripe ( 1 lb. total)
- ☐ 13.5 oz coconut milk chilled canned
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup sugar
- ☐ 14 oz condensed milk sweetened canned

### Equipment

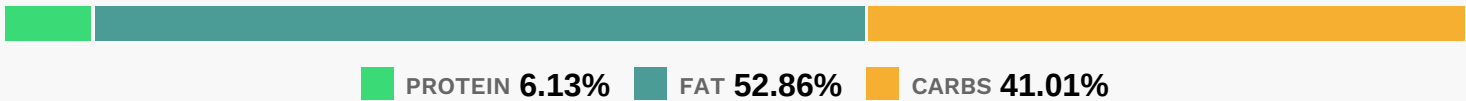
- ☐ food processor
- ☐ bowl

☐ ice cream machine

## Directions

- ☐ Pit avocados. Scoop flesh into a food processor, add sugar and lemon juice, and whirl until smooth.
- ☐ Add sweetened condensed milk and coconut milk and whirl to blend.
- ☐ Pour mixture into an ice cream maker and freeze according to manufacturer's instructions. Freeze a metal bowl.
- ☐ Scrape ice cream into cold bowl. Cover and freeze until firm enough to scoop, about 2 hours.
- ☐ \*For a delicate flavor, buy real coconut milk. For a bigger coconut hit, buy a product made with coconut extract.
- ☐ Make ahead: Freeze airtight up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:4.28, Glycemic Load:4.24, Inflammation Score:-1, Nutrition Score:2.1439130383989%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 74.87kcal (3.74%), Fat: 4.62g (7.11%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.18g (2.61%), Sugar: 7.05g (7.83%), Cholesterol: 3.37mg (1.12%), Sodium: 14.76mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Manganese: 0.1mg (5.13%), Phosphorus: 39.94mg (3.99%), Fiber: 0.89g (3.54%), Vitamin B2: 0.05mg (3.22%), Potassium: 111.32mg (3.18%), Calcium: 30.96mg (3.1%), Selenium: 2.11µg (3.01%), Folate: 10.88µg (2.72%), Vitamin B5: 0.23mg (2.32%), Copper: 0.05mg (2.31%), Magnesium: 9.07mg (2.27%), Vitamin C: 1.75mg (2.12%), Vitamin K: 2.18µg (2.08%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.24mg (1.59%), Zinc: 0.22mg (1.48%), Vitamin B3: 0.27mg (1.34%), Iron: 0.23mg (1.29%), Vitamin B1: 0.02mg (1.22%)