



Coconut Guava Ice cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

Ingredients

- 1 handful blueberries
- 1 can coconut milk organic canned (You can also make this from scratch)
- 0.8 cup condensed milk
- 0.5 guava
- 0.5 cup peanuts crushed (for garnishing)

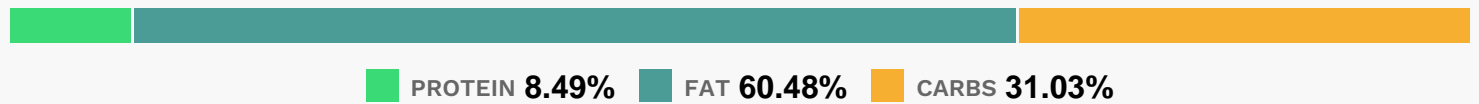
Equipment

- bowl
- knife
- blender

Directions

- Place the can of coconut milk in the freezer and allow to solidify. (This could take 4–6 hours depending on the temperature of your freezer)Take out the can of coconut milk and open it completely. The milk and coconut water would have separated and the coconut water part would be clearer than the milk. With a very sharp knife, cut through the frozen coconut milk to separate the milk from the coconut water.
- Place the frozen coconut milk part in the blender.
- Pour in your condensed milk and chopped de-seeded guava.and blend for about 3–5 minutes at intervals.
- Pour in a bowl, pour in your blue berries, stir in and pop it in the freezer.Allow your coconut ice cream to freeze for about 3–6 hours and serve garnished with the crushed peanuts.

Nutrition Facts



Properties

Glycemic Index:45.06, Glycemic Load:20.73, Inflammation Score:-6, Nutrition Score:17.341739130435%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 536.11kcal (26.81%), Fat: 38.01g (58.47%), Saturated Fat: 25.68g (160.49%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 38.92g (14.15%), Sugar: 37.37g (41.52%), Cholesterol: 19.51mg (6.5%), Sodium: 92.28mg (4.01%), Protein: 12.01g (24.02%), Manganese: 1.48mg (74.01%), Vitamin C: 30.34mg (36.77%), Phosphorus: 322.47mg (32.25%), Copper: 0.47mg (23.7%), Selenium: 16.09µg (22.98%), Magnesium: 89.69mg (22.42%), Calcium: 201.33mg (20.13%), Vitamin B3: 3.98mg (19.9%), Fiber: 4.96g (19.83%), Potassium: 670.39mg

(19.15%), Folate: 72.44µg (18.11%), Vitamin B2: 0.28mg (16.19%), Vitamin B1: 0.21mg (14.33%), Iron: 2.54mg (14.13%), Zinc: 1.65mg (11%), Vitamin B5: 1.01mg (10.07%), Vitamin B6: 0.15mg (7.36%), Vitamin A: 229.62IU (4.59%), Vitamin B12: 0.25µg (4.21%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.43mg (2.84%)