



Coconut Ice Cream



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



385 kcal

Ingredients

- ☐ 14 ounce cream of coconut canned
- ☐ 1.5 cups heavy cream
- ☐ 1 cup milk

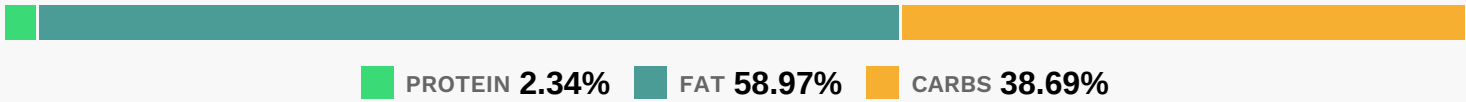
Equipment

- ☐ food processor
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Combine the milk and cream of coconut in the container of a food processor or blender, and mix thoroughly. Stir in cream and flaked coconut.
- ☐ Pour into the container of an ice cream maker, and freeze according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:3.1139130236014%

Nutrients (% of daily need)

Calories: 384.84kcal (19.24%), Fat: 25.36g (39.01%), Saturated Fat: 18.27g (114.21%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 35.77g (13.01%), Sugar: 35.85g (39.83%), Cholesterol: 54.09mg (18.03%), Sodium: 48.44mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 705.4IU (14.11%), Vitamin B2: 0.13mg (7.41%), Vitamin D: 1.05µg (7%), Calcium: 66.97mg (6.7%), Fiber: 1.65g (6.61%), Phosphorus: 56.69mg (5.67%), Vitamin B12: 0.24µg (3.94%), Vitamin E: 0.43mg (2.84%), Selenium: 1.92µg (2.74%), Potassium: 88.14mg (2.52%), Vitamin B5: 0.23mg (2.28%), Vitamin B1: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.71%), Magnesium: 6.78mg (1.7%), Zinc: 0.23mg (1.55%), Vitamin K: 1.52µg (1.45%)