



Coffee Can Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



956 kcal

Ingredients

- 1 quart half-and-half
- 28 ounce condensed milk sweetened canned
- 1 tablespoon vanilla extract

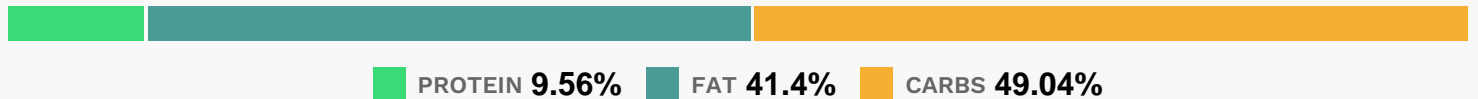
Equipment

Directions

- Stir together all ingredients, mixing well. Fill 4 (13-ounce) coffee cans half full of cream mixture. Cover with plastic lids, and seal with waterproof tape.

- Place filled cans in 4 (25-pound) coffee cans. Fill with 8 parts crushed ice to 1 part rock salt. Cover with lids, and seal with tape. Kick cans back and forth on the beach 30 minutes or until ice cream is frozen, adding more ice and rock salt as needed.
- Basic Vanilla: Stir together all ingredients, mixing well.
- Pour mixture into freezer can of a 1-gallon hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt; let stand 1 hour before serving. Fill the canister two-thirds full or to the fill line so the ice cream can expand as it freezes.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:65.85, Inflammation Score:-7, Nutrition Score:21.223912897317%

Nutrients (% of daily need)

Calories: 956.3kcal (47.82%), Fat: 44.47g (68.42%), Saturated Fat: 27.53g (172.04%), Carbohydrates: 118.54g (39.51%), Net Carbohydrates: 118.54g (43.11%), Sugar: 118.14g (131.26%), Cholesterol: 150.28mg (50.09%), Sodium: 396.64mg (17.25%), Alcohol: 1.12g (100%), Alcohol %: 0.32% (100%), Protein: 23.1g (46.21%), Calcium: 817.1mg (81.71%), Vitamin B2: 1.29mg (75.74%), Phosphorus: 727.02mg (72.7%), Selenium: 36.94µg (52.77%), Potassium: 1053.34mg (30.1%), Vitamin A: 1367.38IU (27.35%), Vitamin B12: 1.32µg (22.04%), Vitamin B5: 2.17mg (21.73%), Magnesium: 75.64mg (18.91%), Zinc: 2.79mg (18.61%), Vitamin B1: 0.25mg (16.66%), Vitamin B6: 0.22mg (11.02%), Vitamin C: 7.29mg (8.84%), Folate: 28.93µg (7.23%), Vitamin E: 0.91mg (6.06%), Vitamin K: 4.27µg (4.06%), Vitamin B3: 0.69mg (3.44%), Iron: 0.5mg (2.77%), Copper: 0.05mg (2.67%), Vitamin D: 0.4µg (2.65%), Manganese: 0.02mg (1.09%)