



Coffee Fudge Swirl Ice Cream

 Gluten Free

READY IN



31 min.

SERVINGS



8

CALORIES



366 kcal

Ingredients

- 0.3 teaspoon almond extract
- 14 oz eagle brand condensed milk canned
- 8 servings some fudge ice cream topping cold
- 2 cups heavy cream
- 4 teaspoons folgers classic roast coffee crystals instant
- 1 Handful pecans toasted chopped
- 0.5 cup water hot

Equipment

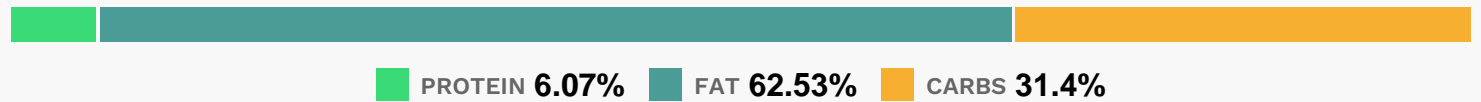
- mixing bowl

- hand mixer
- ice cream machine

Directions

- Combine the coffee and hot water in a large mixing bowl and stir to dissolve coffee.
- Let it cool.
- Add the condensed milk, cream and almond extract and beat with an electric mixer for seven minutes or until light and fluffy.
- Transfer it to an ice cream maker and freeze according to manufacturer's directions (or pour it into a pie shell to make the base of a magnificent ice cream pie!When ice cream is frozen, scrape about 1/4 of it into the container you plan on storing it in.
- Add small dollops (however many you want) of cold fudge sauce, and continue layering remaining ice cream, fudge sauce and nuts (if using). Cover and freeze until it's firm enough to eat.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:16.46, Inflammation Score:-5, Nutrition Score:6.0839129595653%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 366.3kcal (18.32%), Fat: 25.98g (39.96%), Saturated Fat: 16.46g (102.85%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 29.3g (10.65%), Sugar: 29.09g (32.33%), Cholesterol: 84.11mg (28.04%), Sodium: 83.33mg (3.62%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 5.67g (11.35%), Vitamin A: 1007.2IU (20.14%), Vitamin B2: 0.32mg (18.9%), Calcium: 181.25mg (18.13%), Phosphorus: 161.43mg (16.14%), Selenium: 9.16µg (13.08%), Potassium: 245.33mg (7.01%), Vitamin D: 1.05µg (7.01%), Vitamin B5: 0.53mg (5.32%), Vitamin B12: 0.31µg (5.23%), Magnesium: 17.93mg (4.48%), Vitamin E: 0.66mg (4.37%), Zinc: 0.63mg (4.17%), Vitamin B1: 0.06mg (3.87%), Vitamin B6: 0.05mg (2.33%), Vitamin K: 2.23µg (2.13%), Vitamin C: 1.65mg (2%), Folate: 7.95µg (1.99%), Copper: 0.02mg (1.07%)