

Cranberry Ice Cream

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



36

CALORIES



153 kcal

DESSERT

Ingredients

- 2 cups cranberries fresh
- 2 cups cup heavy whipping cream
- 0.5 cup juice of lemon
- 4 cups milk
- 1 cup orange juice
- 4 cups sugar
- 0.5 cup water

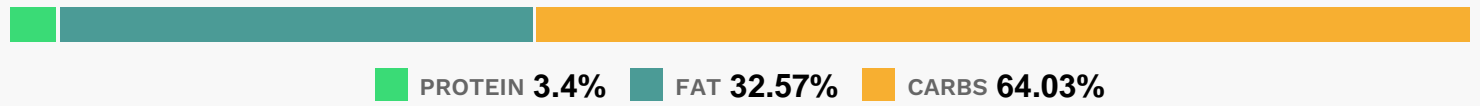
Equipment

sauce pan

Directions

- In a large saucepan, cook cranberries and water over medium heat until berries pop, about 15 minutes. Strain; discard seeds and skins. Cool completely. Meanwhile, in a large saucepan, heat milk to 175°; stir in sugar until dissolved. Cool. Stir in the cream, juices and cranberry mixture.
- Fill cylinder of ice cream freezer; freeze according to manufacturer's directions. Refrigerate remaining mixture until ready to freeze. Allow to ripen in ice cream freezer or firm up in the refrigerator freezer for 2–4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:16.57, Inflammation Score:-2, Nutrition Score:2.0656522045965%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 153.18kcal (7.66%), Fat: 5.74g (8.83%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 25.17g (9.15%), Sugar: 24.77g (27.52%), Cholesterol: 18.19mg (6.06%), Sodium: 14.47mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 5.61mg (6.8%), Vitamin A: 255.6IU (5.11%), Calcium: 43.8mg (4.38%), Vitamin B2: 0.07mg (4.13%), Phosphorus: 37.1mg (3.71%), Vitamin D: 0.51µg (3.4%), Vitamin B12: 0.17µg (2.79%), Potassium: 75.39mg (2.15%), Vitamin B1: 0.03mg (1.7%), Vitamin B5: 0.17mg

(1.69%), Selenium: 1.06µg (1.52%), Vitamin E: 0.22mg (1.44%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.51mg (1.38%), Manganese: 0.02mg (1.17%), Zinc: 0.16mg (1.04%)