



Creamy Pomegranate Ice Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



575 kcal

DESSERT

Ingredients

- ☐ 1 cup heavy cream
- ☐ 1 cup pomegranate juice
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

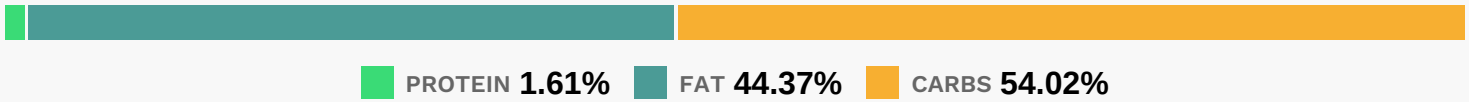
Equipment

- ☐ ice cream machine

Directions

- ☐ Stir together the heavy cream and sugar. Stir in the pomegranate juice, vanilla extract, and salt.
- ☐ Add the mixture to an ice cream maker and freeze according to the manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:46.54, Inflammation Score:-6, Nutrition Score:4.9691304240538%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 575.06kcal (28.75%), Fat: 29.09g (44.76%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 79.61g (28.95%), Sugar: 79.48g (88.31%), Cholesterol: 89.65mg (29.88%), Sodium: 42.6mg (1.85%), Alcohol: 0.46g (100%), Alcohol %: 0.25% (100%), Protein: 2.38g (4.76%), Vitamin A: 1166.2IU (23.32%), Vitamin K: 11.17µg (10.64%), Vitamin B2: 0.18mg (10.33%), Vitamin D: 1.27µg (8.46%), Potassium: 256.3mg (7.32%), Vitamin E: 1.05mg (6.97%), Calcium: 62.31mg (6.23%), Folate: 23.09µg (5.77%), Phosphorus: 55.22mg (5.52%), Vitamin B5: 0.44mg (4.39%), Selenium: 3.03µg (4.33%), Manganese: 0.09mg (4.27%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.52mg (2.88%), Vitamin B12: 0.13µg (2.12%), Vitamin B1: 0.03mg (1.9%), Zinc: 0.27mg (1.82%), Copper: 0.03mg (1.59%), Vitamin B3: 0.25mg (1.25%), Iron: 0.2mg (1.1%)