



Crème fraîche ice cream



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 200 ml milk
- ☐ 175 g sugar
- ☐ 600 g crème fraîche organic (we used Rachel's)
- ☐ 1 lemon zest
- ☐ 0.5 tsp vanilla extract

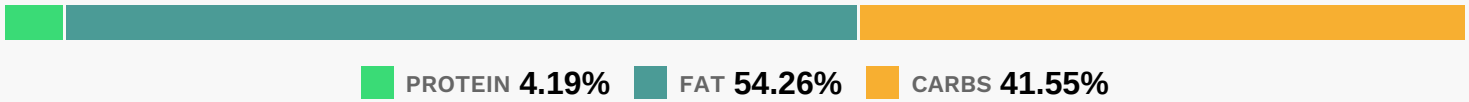
Equipment

- ☐ whisk

Directions

☐ Whisk together the milk, sugar, crme frache, lemon zest and vanilla. Set aside for 10 mins for the sugar to melt. Churn in an ice-cream machine, following manufacturers instructions, before freezing. Or freeze for 1 hr, then give a good whisk and return to the freezer for another hour. Repeat 3 or 4 times until it becomes solid.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:20.97, Inflammation Score:-4, Nutrition Score:4.435652171788%

Nutrients (% of daily need)

Calories: 332.4kcal (16.62%), Fat: 20.6g (31.69%), Saturated Fat: 10.74g (67.12%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 35.38g (12.87%), Sugar: 34.26g (38.06%), Cholesterol: 63.13mg (21.04%), Sodium: 44.45mg (1.93%), Alcohol: 0.12g (100%), Alcohol %: 0.09% (100%), Protein: 3.58g (7.17%), Calcium: 144.95mg (14.5%), Vitamin A: 679.19IU (13.58%), Vitamin B2: 0.22mg (13.07%), Phosphorus: 110.86mg (11.09%), Vitamin B12: 0.4µg (6.59%), Selenium: 4.54µg (6.48%), Potassium: 179.27mg (5.12%), Vitamin B5: 0.47mg (4.68%), Magnesium: 14.32mg (3.58%), Vitamin B6: 0.06mg (3.19%), Zinc: 0.48mg (3.18%), Vitamin B1: 0.04mg (2.66%), Vitamin E: 0.4mg (2.66%), Vitamin C: 2.19mg (2.65%), Vitamin D: 0.38µg (2.52%), Vitamin K: 1.6µg (1.53%), Folate: 6.13µg (1.53%), Copper: 0.02mg (1.08%)