



Dairy-Free Carrot Cake Ice Cream



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 cups carrot juice 100%
- ☐ 8 ounces dairy-free yogurt plain (see note below)
- ☐ 8 ounce dairy-free cream cheese alternative
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.1 teaspoon salt

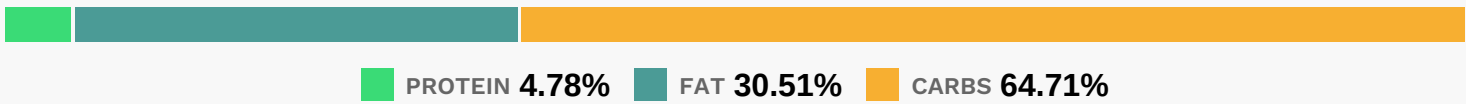
Equipment

- ☐ food processor
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Add the carrot juice, yogurt, cream cheese alternative, sugar, lemon juice, vanilla, and salt to your food processor or blender. Process or blend until the mixture is smooth.
- ☐ Refrigerate the mixture for 2 hours.
- ☐ Freeze the mixture in your ice cream maker according to the manufacturer's directions.
- ☐ Eat as soft serve, or pack the mixture into a freezer-safe container and freeze until firm.
- ☐ Remove from freezer and let soften a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:20.71, Inflammation Score:-10, Nutrition Score:10.367391275323%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.57kcal (13.38%), Fat: 9.05g (13.92%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 41.06g (14.93%), Sugar: 29.09g (32.32%), Cholesterol: 0mg (0%), Sodium: 497.57mg (21.63%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 3.19g (6.38%), Vitamin A: 15192.92IU (303.86%), Vitamin B6: 0.26mg (13%), Vitamin C: 10.38mg (12.58%), Vitamin E: 1.87mg (12.46%), Vitamin K: 12.19µg (11.61%), Calcium: 99.25mg (9.93%), Fiber: 2.11g (8.44%), Potassium: 286.58mg (8.19%), Vitamin B3: 1.55mg (7.76%), Vitamin B2: 0.12mg (7.29%), Vitamin B12: 0.41µg (6.8%), Vitamin B1: 0.1mg (6.43%), Iron: 1.05mg (5.85%), Manganese: 0.1mg (5.22%), Copper: 0.09mg (4.26%), Folate: 15.74µg (3.94%), Phosphorus: 33.26mg (3.33%), Vitamin D: 0.45µg (3.02%), Magnesium: 11.2mg (2.8%), Selenium: 1.49µg (2.13%), Vitamin B5: 0.18mg (1.83%), Zinc: 0.24mg (1.58%)