



Dulce de Leche Ice Cream

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



3

CALORIES



531 kcal

DESSERT

Ingredients

- 1 pound dulce de leche ()
- 1 cup cup heavy whipping cream
- 2.5 oz pecans toasted chopped
- 0.1 teaspoon vanilla extract pure
- 2 cups milk whole

Equipment

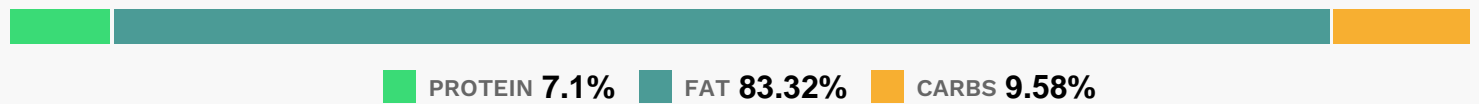
- bowl
- sauce pan

- whisk
- ice cream machine

Directions

- Bring milk and cream just to a boil in a 3-quart heavy saucepan over moderate heat, then remove from heat and whisk in dulce de leche until dissolved.
- Whisk in vanilla and transfer to a metal bowl. Quick-chill by putting bowl in a larger bowl of ice and cold water and stirring occasionally until cold, 15 to 20 minutes.
- Freeze mixture in ice cream maker until almost firm, then fold in pecans.
- Transfer ice cream to an airtight container and put in freezer to harden, at least 1 hour.
- Ice cream keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:14.167826191239%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg, Delphinidin: 1.72mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg, Epigallocatechin: 1.33mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg

Nutrients (% of daily need)

Calories: 531.06kcal (26.55%), Fat: 50.85g (78.24%), Saturated Fat: 22.73g (142.08%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.89g (3.96%), Sugar: 11.1g (12.33%), Cholesterol: 109.17mg (36.39%), Sodium: 83.25mg (3.62%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 9.76g (19.51%), Manganese: 1.07mg (53.54%), Vitamin A: 1442.95IU (28.86%), Phosphorus: 275.76mg (27.58%), Calcium: 269mg (26.9%), Vitamin B2: 0.4mg (23.79%), Vitamin D: 3.06µg (20.39%), Vitamin B1: 0.26mg (17.53%), Vitamin B12: 1.01µg (16.76%), Copper: 0.29mg (14.7%), Magnesium: 53.68mg (13.42%), Zinc: 1.93mg (12.85%), Potassium: 416.47mg (11.9%), Vitamin B5: 1.01mg (10.13%), Selenium: 6.37µg (9.1%), Fiber: 2.27g (9.07%), Vitamin B6: 0.18mg (8.83%), Vitamin E: 1.14mg (7.61%), Iron: 0.68mg (3.76%), Vitamin K: 3.85µg (3.67%), Vitamin B3: 0.5mg (2.49%), Folate: 8.37µg (2.09%)