



Easy Dairy-Free Nog Ice Cream, Soft Serve or Frosties



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



123 kcal

Ingredients



1 quart dairy-free nog



1 ounces rum (we use Bicardi Gold)

Equipment



food processor



blender

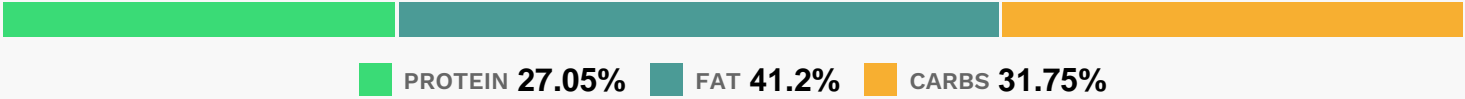


ice cream machine

Directions

- ☐
- Combine the ingredients and churn in an ice cream maker. At this point, it will be soft serve. You can spoon it into a chilled freezer safe container, cover, and freeze for 3 hours for hard-packed. If it sets up too much, let the container sit at room temperature for 10 minutes for the ice cream to soften a bit. Follow the instructions above, but serve immediately rather than freezing, or... Freeze nog into ice cube trays. Pop out into a food processor or high-speed blender and let sit for 10 to 20 minutes to soften. Blend until smooth, creamy, and soft serve consistency. Spoon or pipe into serving dishes. Follow the Soft
- ☐
- Serve directions, but let the cubes sit for a little longer before blending, or... If your soft serve begins to melt, blend it briefly and reserve as frosties.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:14.899130410231%

Nutrients (% of daily need)

Calories: 122.84kcal (6.14%), Fat: 4.71g (7.24%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.22g (2.62%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 118.36mg (5.15%), Alcohol: 2.37g (100%), Alcohol %: 1.23% (100%), Protein: 6.96g (13.91%), Vitamin B12: 2.56µg (42.59%), Vitamin E: 5.96mg (39.75%), Vitamin B3: 7.79mg (38.95%), Calcium: 331.22mg (33.12%), Vitamin B2: 0.47mg (27.71%), Vitamin B6: 0.55mg (27.57%), Vitamin C: 17.03mg (20.65%), Folate: 75.71µg (18.93%), Vitamin D: 2.84µg (18.93%), Vitamin A: 929.79IU (18.6%), Copper: 0.29mg (14.62%), Vitamin B1: 0.15mg (9.81%), Potassium: 333.73mg (9.54%), Selenium: 5.44µg (7.77%), Iron: 1.16mg (6.46%), Zinc: 0.57mg (3.8%), Fiber: 0.95g (3.79%)