



Easy Rum Raisin Ice Cream

 **Gluten Free**  **Dairy Free**

READY IN



535 min.

SERVINGS



2

CALORIES



1103 kcal

Ingredients

- 0.3 cup rum dark
- 0.1 teaspoon ground nutmeg
- 0.3 cup raisins
- 1 quart whipped cream

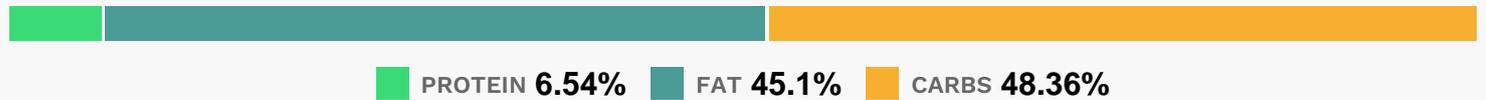
Equipment

- bowl
- plastic wrap

Directions

- Place the raisins in a small bowl, pour on the rum, cover with plastic wrap, and allow the raisins to steep overnight.
- The next day, remove ice cream from freezer and allow to stand at room temperature until the ice cream is softened but not melting, about 15 minutes. Scoop the ice cream into a large bowl, and stir in the rum-soaked raisins, any extra rum in the bowl, and nutmeg until the ice cream is well mixed. The rum will soften the ice cream and make mixing easier.
- Pack the flavored ice cream back into the carton and refreeze until needed, at least 1/2 hour.

Nutrition Facts



Properties

Glycemic Index:102.4, Glycemic Load:73.76, Inflammation Score:-8, Nutrition Score:19.941738973493%

Nutrients (% of daily need)

Calories: 1103.08kcal (55.15%), Fat: 52.19g (80.3%), Saturated Fat: 32.19g (201.21%), Carbohydrates: 125.95g (41.98%), Net Carbohydrates: 121.38g (44.14%), Sugar: 100.35g (111.5%), Cholesterol: 208.2mg (69.4%), Sodium: 383.94mg (16.69%), Alcohol: 10.02g (100%), Alcohol %: 2.44% (100%), Protein: 17.03g (34.05%), Vitamin B2: 1.17mg (68.82%), Calcium: 610.97mg (61.1%), Phosphorus: 511.9mg (51.19%), Vitamin A: 1992.2IU (39.84%), Potassium: 1092.19mg (31.21%), Vitamin B12: 1.85µg (30.76%), Vitamin B5: 2.76mg (27.57%), Zinc: 3.31mg (22.08%), Fiber: 4.57g (18.28%), Magnesium: 71.91mg (17.98%), Vitamin B1: 0.22mg (14.44%), Vitamin B6: 0.26mg (13.08%), Selenium: 8.63µg (12.33%), Vitamin E: 1.42mg (9.46%), Copper: 0.17mg (8.56%), Vitamin D: 0.95µg (6.31%), Folate: 24.3µg (6.07%), Iron: 0.91mg (5.06%), Manganese: 0.1mg (4.76%), Vitamin C: 3.82mg (4.63%), Vitamin B3: 0.76mg (3.78%), Vitamin K: 1.42µg (1.35%)