



 **96%**  
HEALTH SCORE

## Easy Snow Ice Cream

 Vegetarian  Gluten Free  Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

### Ingredients

- 1 gallon clean snow fresh
- 14 ounce condensed milk sweetened canned
- 1.5 teaspoons vanilla extract
- 0.8 cup sugar white

### Equipment

- bowl

## Directions

- ☐ Stir sweetened condensed milk, sugar, and vanilla extract together in a large bowl until smooth. Gradually stir snow into milk mixture until your desired consistency is reached.

## Nutrition Facts



## Properties

Glycemic Index:21.85, Glycemic Load:39.4, Inflammation Score:-10, Nutrition Score:47.299999874571%

## Nutrients (% of daily need)

Calories: 576.45kcal (28.82%), Fat: 7.1g (10.92%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 108.64g (36.21%), Net Carbohydrates: 92.24g (33.54%), Sugar: 86.3g (95.89%), Cholesterol: 22.49mg (7.5%), Sodium: 109.59mg (4.76%), Alcohol: 0.34g (100%), Alcohol %: 0.06% (100%), Protein: 22.9g (45.8%), Vitamin C: 380.26mg (460.92%), Vitamin K: 158.12µg (150.59%), Vitamin A: 7034.52IU (140.69%), Manganese: 1.55mg (77.33%), Iron: 13.26mg (73.68%), Folate: 272.26µg (68.06%), Vitamin B1: 1.01mg (67.07%), Fiber: 16.4g (65.61%), Vitamin B5: 5.23mg (52.28%), Vitamin B6: 1.04mg (52.17%), Phosphorus: 501.79mg (50.18%), Vitamin B2: 0.79mg (46.21%), Calcium: 459.51mg (45.95%), Potassium: 1509.2mg (43.12%), Magnesium: 168.74mg (42.18%), Copper: 0.51mg (25.54%), Selenium: 14.36µg (20.51%), Vitamin B3: 3.93mg (19.64%), Vitamin E: 2.57mg (17.11%), Zinc: 2.33mg (15.53%), Vitamin B12: 0.29µg (4.85%)