



Easy strawberry ice cream

 Gluten Free

READY IN



390 min.

SERVINGS



1

CALORIES



1297 kcal

Ingredients

- ☐ 400 g strawberries
- ☐ 250 g mascarpone cheese
- ☐ 0.5 condensed milk canned
- ☐ 1 serving sprinkles

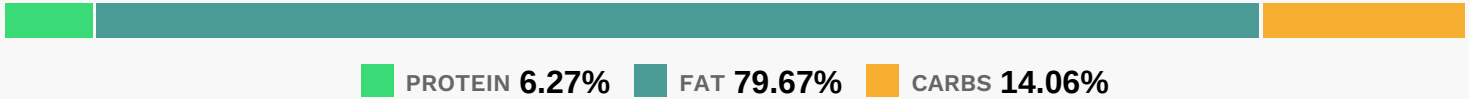
Equipment

- ☐ bowl
- ☐ knife
- ☐ potato masher

Directions

- ☐ Pull the green hulls out of the strawberries. If they are still quite hard, cut them in half or quarters with a table knife. Tip them into a flat-bottomed dish.
- ☐ Use a potato masher to squash the strawberries as much as you can. Tip into a bowl. Ask your grown-up helper to give you a hand if you need to.
- ☐ Add the mascarpone and mash this in dont worry if it is a bit lumpy.
- ☐ Add the condensed milk and mix everything together. Dont worry if the mix is streaky.
- ☐ Spoon the mixture into a metal or plastic box and put it in the freezer. Wait until the next day or at least 6 hours before scooping into bowls or cones. Decorate how you like.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:9.25, Inflammation Score:-10, Nutrition Score:20.043043314844%

Flavonoids

Cyanidin: 6.72mg, Cyanidin: 6.72mg, Cyanidin: 6.72mg, Cyanidin: 6.72mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg, Delphinidin: 1.24mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 99.4mg, Pelargonidin: 99.4mg, Pelargonidin: 99.4mg, Pelargonidin: 99.4mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 12.44mg, Catechin: 12.44mg, Catechin: 12.44mg, Catechin: 12.44mg Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg, Epicatechin 3-gallate: 0.6mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 1296.91kcal (64.85%), Fat: 114.26g (175.79%), Saturated Fat: 70.57g (441.05%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 37.39g (13.6%), Sugar: 28.93g (32.15%), Cholesterol: 250.17mg (83.39%), Sodium: 142.13mg (6.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin C: 235.21mg

(285.11%), Manganese: 1.54mg (77.2%), Vitamin A: 3549.33IU (70.99%), Calcium: 415.42mg (41.54%), Fiber: 8g (32%), Folate: 96.06µg (24.01%), Potassium: 613.85mg (17.54%), Magnesium: 52.13mg (13.03%), Phosphorus: 97.26mg (9.73%), Copper: 0.19mg (9.6%), Vitamin B6: 0.19mg (9.41%), Iron: 1.64mg (9.12%), Vitamin K: 8.8µg (8.38%), Vitamin E: 1.16mg (7.74%), Vitamin B3: 1.55mg (7.73%), Vitamin B1: 0.1mg (6.43%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.56mg (3.76%), Selenium: 1.67µg (2.39%)