



Easy Vanilla Bean Ice Cream



Vegetarian



Gluten Free

READY IN



2 min.

SERVINGS



2

CALORIES



1208 kcal

DESSERT

Ingredients

- ☐ 0.5 cup granulated sugar
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 pinch sea salt
- ☐ 2 tablespoon vanilla paste
- ☐ 2 cups milk whole

Equipment

- ☐ blender
- ☐ hand mixer

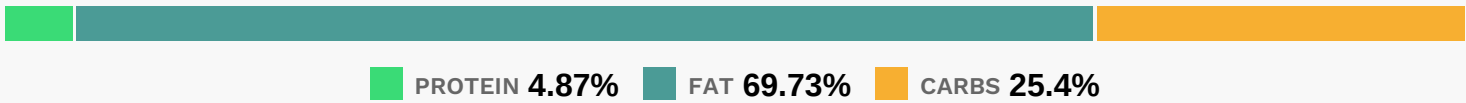
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ice cream machine

Directions

- ☐ Combine all ingredients in blender (or you can use a hand mixer). Blend until thoroughly combined.
- ☐ Place in ice cream maker and freeze according to manufacturer's directions.
- ☐ Serve immediately for soft-serve style, or place in well covered container in freezer and allow to harden for firmer results.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:39.24, Inflammation Score:-9, Nutrition Score:17.779565015565%

Nutrients (% of daily need)

Calories: 1208.1kcal (60.4%), Fat: 93.89g (144.44%), Saturated Fat: 59.28g (370.49%), Carbohydrates: 76.95g (25.65%), Net Carbohydrates: 76.95g (27.98%), Sugar: 77.59g (86.21%), Cholesterol: 298.22mg (99.41%), Sodium: 176.86mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin A: 3893.88IU (77.88%), Vitamin B2: 0.79mg (46.69%), Calcium: 457.71mg (45.77%), Vitamin D: 6.49µg (43.28%), Phosphorus: 384.48mg (38.45%), Vitamin B12: 1.7µg (28.31%), Selenium: 12.08µg (17.25%), Potassium: 593.1mg (16.95%), Vitamin E: 2.31mg (15.41%), Vitamin B5: 1.52mg (15.17%), Vitamin B1: 0.18mg (12.28%), Vitamin B6: 0.23mg (11.61%), Magnesium: 45.94mg (11.49%), Zinc: 1.58mg (10.51%), Vitamin K: 8.35µg (7.95%), Folate: 9.52µg (2.38%), Vitamin B3: 0.41mg (2.04%), Vitamin C: 1.43mg (1.73%), Copper: 0.03mg (1.61%), Iron: 0.26mg (1.46%)