



Eggless Pistachio Ice Cream

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



284 kcal

DESSERT

Ingredients

- ☐ 1 drop green food coloring (I used pistachio essence instead)
- ☐ 2 cups heavy cream 35% chilled (I used mf whipping cream)
- ☐ 1 cup pistachios coarsely chopped
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup milk whole chilled (I used half and half)

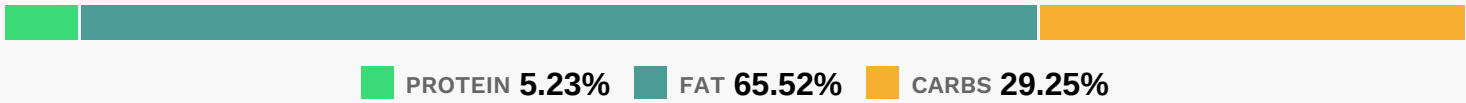
Equipment

- ☐ mixing bowl

Directions

- ☐ In a medium mixing bowl combine together all the ingredients except the pistachios and pour into the freezer bowl and follow the manufacturer’s directions to make the ice cream.Mine took about 25 minutes to thicken.
- ☐ Add the pistachios then and let the machine run for another 5 minutes.If you desire a firmer consistency, transfer the ice cream to an airtight container and store in the freezer for two or more hours.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:11.95, Inflammation Score:-4, Nutrition Score:4.6599999847619%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 283.54kcal (14.18%), Fat: 21.34g (32.84%), Saturated Fat: 11.1g (69.44%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.38g (7.41%), Sugar: 19.43g (21.59%), Cholesterol: 51.88mg (17.29%), Sodium: 23.3mg (1.01%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.84g (7.67%), Vitamin A: 697.03IU (13.94%), Vitamin B6: 0.2mg (9.91%), Phosphorus: 92.4mg (9.24%), Vitamin B2: 0.13mg (7.85%), Copper: 0.14mg (7.04%), Vitamin B1: 0.1mg (6.88%), Manganese: 0.12mg (6.23%), Calcium: 58.71mg (5.87%), Potassium: 169.95mg (4.86%), Vitamin E: 0.65mg (4.34%), Magnesium: 17.22mg (4.3%), Vitamin D: 0.63µg (4.23%), Fiber: 1.06g (4.22%), Selenium: 2.65µg (3.79%), Zinc: 0.4mg (2.67%), Iron: 0.46mg (2.56%), Vitamin B5: 0.21mg (2.13%), Folate: 7.42µg (1.85%), Vitamin B12: 0.1µg (1.7%), Vitamin K: 1.53µg (1.46%), Vitamin C: 0.99mg (1.2%)