

Fresh Fig Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



724 kcal

DESSERT

Ingredients

- 1 kg figs fresh (20)
- 250 ml cup heavy whipping cream
- 0.5 teaspoon juice of lemon freshly squeezed to taste
- 150 g sugar
- 125 ml water

Equipment

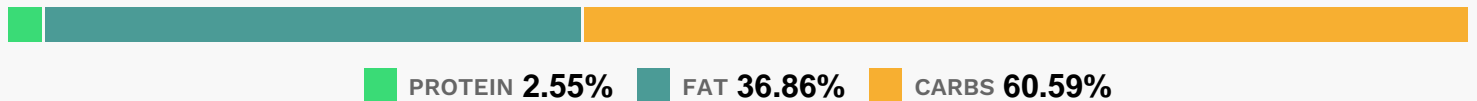
- food processor
- sauce pan

- blender
- ice cream machine

Directions

- Remove the hard stem ends from the figs, then cut each fig into 8 pieces.
- Put the figs in a medium, nonreactive saucepan with the water, and zest the lemon directly into the saucepan. Cover and cook over medium heat, stirring occasionally, until the figs are tender, 8 to 10 minutes.
- Remove the lid, add the sugar, and continue to cook, stirring frequently, until the figs are a jamlike consistency.
- Remove from the heat and let cool to room temperature. Once cool, purée the fig paste in a blender or food processor with the cream and lemon juice. Taste, then add more lemon juice if desired.
- Chill the mixture thoroughly, then freeze it in your ice cream maker according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:43.7, Glycemic Load:68.05, Inflammation Score:-8, Nutrition Score:13.734347726988%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 724.37kcal (36.22%), Fat: 31.42g (48.35%), Saturated Fat: 19.48g (121.76%), Carbohydrates: 116.24g (38.75%), Net Carbohydrates: 106.57g (38.75%), Sugar: 106.7g (118.56%), Cholesterol: 94.73mg (31.58%), Sodium: 28.56mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Fiber: 9.67g (38.68%), Vitamin A: 1705.69IU (34.11%), Potassium: 854.83mg (24.42%), Manganese: 0.43mg (21.48%), Vitamin B6: 0.41mg (20.32%),

Vitamin B2: 0.33mg (19.64%), Vitamin K: 18.35µg (17.48%), Calcium: 173.79mg (17.38%), Magnesium: 63mg (15.75%),
Vitamin B1: 0.22mg (14.46%), Copper: 0.25mg (12.64%), Vitamin B5: 1.21mg (12.15%), Phosphorus: 95.36mg (9.54%),
Vitamin C: 7.49mg (9.08%), Vitamin D: 1.34µg (8.94%), Vitamin E: 1.14mg (7.59%), Iron: 1.34mg (7.46%), Vitamin B3:
1.39mg (6.94%), Folate: 23.52µg (5.88%), Selenium: 3.48µg (4.97%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.13µg
(2.24%)