



## Fresh Fruit Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

### Ingredients

- 1 cup fruit fresh pureed mashed
- 1.5 pints half and half
- 14 oz condensed milk sweetened canned
- 1 tablespoon vanilla extract

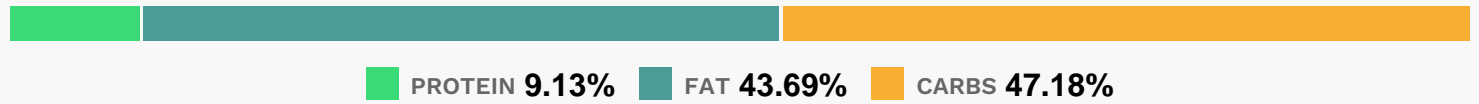
### Equipment

- bowl
- loaf pan
- ice cream machine

## Directions

- In ice cream freezer container, combine all ingredients; mix well. Freeze according to manufacturers instructions. Freeze leftovers. Ice Cream Maker Vanilla Ice Cream: Omit fruit and food coloring. Increase half-and-half to 4 cups. Proceed as above. Refrigerator Freezer Method: Omit half-and-half. In large bowl, combine sweetened condensed milk and vanilla; stir in 1 cup pureed or mashed fruit and food coloring, if desired. Fold in 2 cups (1 pint) Borden Whipping Cream, whipped (do not use non-dairy whipped topping).
- Pour into 9x5-inch loaf pan or other 2-quart container; cover. Freeze 6 hours or until firm. Freeze leftovers.

## Nutrition Facts



## Properties

Glycemic Index:5.08, Glycemic Load:10.98, Inflammation Score:-3, Nutrition Score:4.4630434782609%

## Taste

Sweetness: 100%, Saltiness: 0.35%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 42.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 198.03kcal (9.9%), Fat: 9.7g (14.92%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 23.25g (8.45%), Sugar: 22.79g (25.33%), Cholesterol: 31.95mg (10.65%), Sodium: 79.17mg (3.44%), Alcohol: 0.37g (2.07%), Protein: 4.56g (9.12%), Calcium: 158.33mg (15.83%), Vitamin B2: 0.26mg (15.18%), Phosphorus: 142.3mg (14.23%), Selenium: 6.79µg (9.7%), Vitamin A: 357.33IU (7.15%), Potassium: 219.96mg (6.28%), Vitamin B12: 0.26µg (4.3%), Vitamin B5: 0.43mg (4.27%), Magnesium: 15.63mg (3.91%), Zinc: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.33%), Vitamin B6: 0.05mg (2.49%), Vitamin C: 1.83mg (2.21%), Vitamin K: 1.88µg (1.79%), Folate: 5.81µg (1.45%), Vitamin E: 0.2mg (1.34%), Copper: 0.03mg (1.29%), Fiber: 0.32g (1.26%), Vitamin B3: 0.22mg (1.08%)