



## Graham Cracker Ice Cream

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



424 kcal

DESSERT

### Ingredients

- 2 cups skim milk fat free
- 3 graham crackers fat-free crushed
- 0.5 cup sugar
- 0.5 vanilla pod

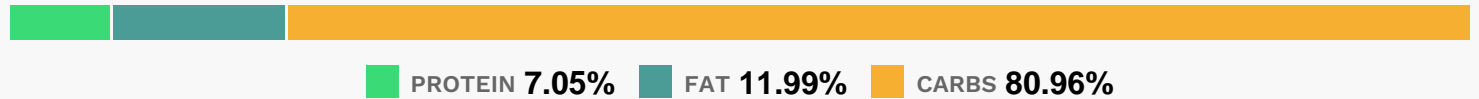
### Equipment

- bowl
- whisk
- ice cream machine

## Directions

- Combine half-and-half and sugar in a large bowl. Split vanilla bean lengthwise, scrape seeds into the bowl, and whisk to combine.
- Pour cream mixture into ice cream maker, and process according to manufacturer's directions. When semi-frozen, sprinkle in the crushed graham crackers. Continue to process until desired consistency is reached.

## Nutrition Facts



## Properties

Glycemic Index:72.05, Glycemic Load:46.22, Inflammation Score:-2, Nutrition Score:10.059999980356%

## Nutrients (% of daily need)

Calories: 423.72kcal (21.19%), Fat: 5.75g (8.85%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 87.35g (29.12%), Net Carbohydrates: 86.64g (31.51%), Sugar: 66.53g (73.92%), Cholesterol: 11.8mg (3.93%), Sodium: 374.89mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Phosphorus: 398.78mg (39.88%), Vitamin B2: 0.62mg (36.42%), Calcium: 243.65mg (24.36%), Vitamin B12: 1.23µg (20.45%), Zinc: 2.32mg (15.49%), Potassium: 524.33mg (14.98%), Magnesium: 50.15mg (12.54%), Vitamin B1: 0.18mg (12%), Vitamin B5: 1.08mg (10.83%), Selenium: 7.14µg (10.21%), Vitamin B6: 0.17mg (8.37%), Vitamin B3: 1.09mg (5.43%), Iron: 0.89mg (4.96%), Folate: 19.1µg (4.77%), Fiber: 0.71g (2.86%), Copper: 0.05mg (2.38%), Vitamin A: 101.48IU (2.03%), Vitamin C: 1.65mg (2%)