



Honey Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



683 kcal

DESSERT

Ingredients



2 quarts half-and-half



1.5 cups honey



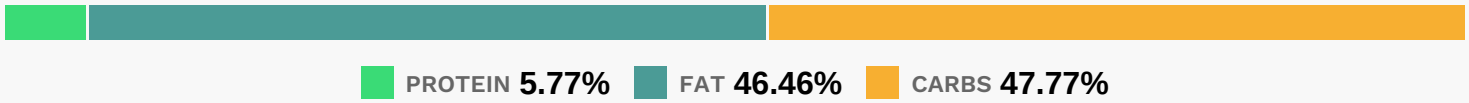
2 tablespoons vanilla extract

Equipment

Directions

Stir together all ingredients, and pour into freezer container of a 1-gallon electric freezer.
Freeze according to manufacturer's instructions. Pack with additional ice and rock salt, and let stand 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:36.42, Inflammation Score:-6, Nutrition Score:10.247826117536%

Nutrients (% of daily need)

Calories: 683.36kcal (34.17%), Fat: 36.28g (55.81%), Saturated Fat: 22.18g (138.6%), Carbohydrates: 83.95g (27.98%), Net Carbohydrates: 83.78g (30.46%), Sugar: 83.16g (92.4%), Cholesterol: 110.41mg (36.8%), Sodium: 196.21mg (8.53%), Alcohol: 1.49g (100%), Alcohol %: 0.47% (100%), Protein: 10.13g (20.26%), Vitamin B2: 0.65mg (38.14%), Calcium: 343.09mg (34.31%), Phosphorus: 303.33mg (30.33%), Vitamin A: 1116.7IU (22.33%), Selenium: 10.77µg (15.39%), Potassium: 466.88mg (13.34%), Vitamin B12: 0.6µg (9.99%), Vitamin B5: 0.97mg (9.71%), Zinc: 1.42mg (9.48%), Vitamin B6: 0.18mg (8.96%), Magnesium: 33.76mg (8.44%), Vitamin B1: 0.1mg (6.34%), Vitamin E: 0.79mg (5.26%), Manganese: 0.08mg (4.05%), Vitamin C: 3.26mg (3.95%), Vitamin K: 4.1µg (3.91%), Copper: 0.06mg (3.1%), Iron: 0.52mg (2.88%), Folate: 11.16µg (2.79%), Vitamin B3: 0.46mg (2.32%)