



Ice Cream Mix-in Station

 Dairy Free

READY IN



735 min.

SERVINGS



8

CALORIES



775 kcal

DESSERT

Ingredients

- ☐ 8 servings purchased biscotti smashed
- ☐ 8 servings candied wedding almonds roughly chopped
- ☐ 8 servings chocolate sauce
- ☐ 8 servings citrus zest
- ☐ 8 servings licorice candies roughly chopped
- ☐ 8 servings baci candies smashed
- ☐ 8 servings poached berries mixed crushed Raspberries, Blueberries, Strawberries
- ☐ 0.5 gallon whipped cream

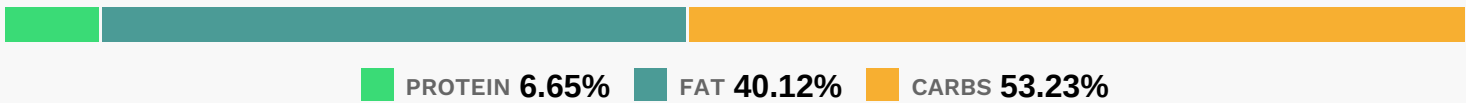
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Place sheet pan on freezer shelf. Fill with 1 to 2 inches of water and freeze overnight.
- ☐ At serving time, place an overturned sheet pan on top of the frozen pan. Wrap in plastic wrap.
- ☐ Place 2 scoops vanilla ice cream onto frozen tray.
- ☐ Mix in desired toppings using metal spatulas or spoons.
- ☐ Serve in glasses or bowls.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:33.07, Inflammation Score:-6, Nutrition Score:10.297391461289%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 775.3kcal (38.76%), Fat: 34.88g (53.67%), Saturated Fat: 20.66g (129.12%), Carbohydrates: 104.12g (34.71%), Net Carbohydrates: 100.49g (36.54%), Sugar: 92.02g (102.25%), Cholesterol: 108.61mg (36.2%), Sodium: 297.29mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.04%), Calcium: 339.53mg (33.95%), Vitamin B2: 0.57mg (33.65%), Phosphorus: 251.34mg (25.13%), Vitamin A: 1064.25IU (21.28%), Vitamin

B12: 0.92µg (15.39%), Fiber: 3.62g (14.5%), Vitamin B5: 1.38mg (13.81%), Potassium: 477.76mg (13.65%), Zinc: 1.66mg (11.05%), Magnesium: 35.08mg (8.77%), Vitamin B1: 0.1mg (6.56%), Selenium: 4.3µg (6.15%), Vitamin E: 0.87mg (5.78%), Vitamin B6: 0.12mg (5.77%), Iron: 1mg (5.55%), Copper: 0.06mg (3.24%), Vitamin D: 0.47µg (3.15%), Folate: 12.17µg (3.04%), Vitamin C: 1.92mg (2.32%), Manganese: 0.04mg (1.77%), Vitamin B3: 0.29mg (1.47%)