



## Ice-Cream Pumpkin

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



485 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 inch candied citron
- 5 drops liquid food coloring yellow
- 6 drops liquid food coloring red
- 0.5 cup powdered sugar sifted
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 3 quarts whipped cream softened
- 2 cups whipping cream

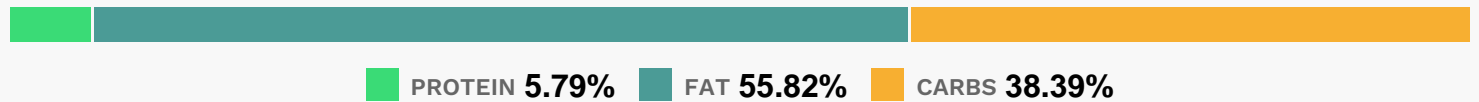
# Equipment

- bowl
- aluminum foil

# Directions

- Line 2 (1 1/2-quart) bowls with aluminum foil. Spoon ice cream evenly into bowls; smooth top with back of spoon.
- Sprinkle each with pumpkin pie spice. Cover and freeze 8 hours or overnight.
- Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Stir in vanilla and food coloring.
- Remove ice cream from bowls, and remove foil.
- Place ice-cream halves together to resemble a ball, and place on a serving plate.
- Spread with tinted whipped cream to resemble a pumpkin.
- Place citron on top to resemble a stem. Store in freezer until ready to serve.
- Serve with chocolate sauce, if desired.

# Nutrition Facts



# Properties

Glycemic Index:3.81, Glycemic Load:24.79, Inflammation Score:-6, Nutrition Score:8.3678261041641%

# Nutrients (% of daily need)

Calories: 485.38kcal (24.27%), Fat: 30.29g (46.6%), Saturated Fat: 18.91g (118.17%), Carbohydrates: 46.87g (15.62%), Net Carbohydrates: 45.58g (16.58%), Sugar: 42.4g (47.11%), Cholesterol: 111.69mg (37.23%), Sodium: 150.45mg (6.54%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 7.07g (14.14%), Vitamin B2: 0.48mg (28.42%), Calcium: 248.57mg (24.86%), Vitamin A: 1185.05IU (23.7%), Phosphorus: 203.89mg (20.39%), Vitamin B12: 0.74µg (12.33%), Vitamin B5: 1.11mg (11.07%), Potassium: 383.61mg (10.96%), Zinc: 1.3mg (8.68%), Magnesium: 27.3mg (6.83%), Selenium: 4.13µg (5.91%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.81mg (5.41%), Vitamin B1: 0.08mg (5.27%), Fiber: 1.28g (5.13%), Vitamin B6: 0.1mg (4.83%), Manganese: 0.06mg (2.75%), Folate: 10.12µg (2.53%), Copper: 0.05mg (2.29%), Vitamin C: 1.3mg (1.58%), Vitamin K: 1.56µg (1.48%), Iron: 0.24mg (1.34%), Vitamin B3: 0.23mg (1.16%)