



Instant Strawberry Ice Cream

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

908 kcal

DESSERT

Ingredients

- ☐ 1.5 cups heavy cream
- ☐ 24 ounces strawberries sweetened frozen cut into large chunks
- ☐ 0.5 cup sugar

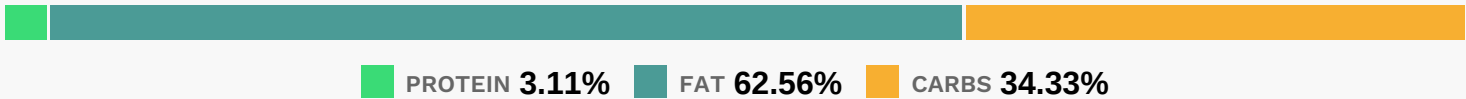
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Place berries in blender.
- ☐ Whisk sugar into cream. With blender going, slowly add cream through opening in lid, stopping to stir the mixture 3 or 4 times so the ice cream is smooth, with small bits of berries.
- ☐ Transfer to shallow pan and freeze to a scoopable texture, about 2 hours.
- ☐ Garnish with fresh strawberries, if you like.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:42.63, Inflammation Score:-9, Nutrition Score:21.132173973581%

Flavonoids

Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg, Cyanidin: 5.72mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 84.54mg, Pelargonidin: 84.54mg, Pelargonidin: 84.54mg, Pelargonidin: 84.54mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 10.58mg, Catechin: 10.58mg, Catechin: 10.58mg, Catechin: 10.58mg Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg, Epigallocatechin: 2.65mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg, Epicatechin 3-gallate: 0.51mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 908.26kcal (45.41%), Fat: 65.62g (100.95%), Saturated Fat: 41.1g (256.91%), Carbohydrates: 81g (27%), Net Carbohydrates: 74.19g (26.98%), Sugar: 71.75g (79.72%), Cholesterol: 201.71mg (67.24%), Sodium: 52.1mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin C: 201.11mg (243.76%), Manganese: 1.32mg (65.85%), Vitamin A: 2664.77IU (53.3%), Fiber: 6.8g (27.22%), Vitamin B2: 0.42mg (24.7%), Folate: 88.79µg (22.2%), Potassium: 691.07mg (19.74%), Vitamin D: 2.86µg (19.04%), Phosphorus: 185.18mg (18.52%), Vitamin E: 2.63mg (17.53%), Calcium: 172.74mg (17.27%), Magnesium: 56.72mg (14.18%), Vitamin K: 13.2µg (12.57%), Vitamin B6: 0.22mg (11.12%), Selenium: 7.02µg (10.02%), Copper: 0.19mg (9.32%), Iron: 1.6mg (8.88%),

Vitamin B5: 0.88mg (8.8%), Vitamin B1: 0.12mg (7.82%), Vitamin B3: 1.43mg (7.14%), Zinc: 0.91mg (6.06%), Vitamin B12: 0.29µg (4.76%)