



Kulfi

READY IN



500 min.

SERVINGS



15

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups evaporated milk
- 0.5 teaspoon ground cardamom
- 1.3 cups condensed milk sweetened
- 16 ounce non-dairy whipped topping frozen thawed
- 4 slices bread white

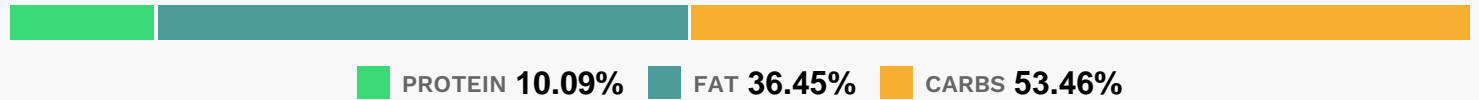
Equipment

- blender
- baking pan

Directions

- Combine evaporated milk, condensed milk and whipped topping in a blender and blend in pieces of bread until smooth.
- Pour mixture into a 9x13 inch baking dish or two plastic ice cube trays, sprinkle with cardamom and freeze for 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:10.8, Inflammation Score:-2, Nutrition Score:4.2626086408677%

Nutrients (% of daily need)

Calories: 196.15kcal (9.81%), Fat: 8.01g (12.33%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 26.27g (9.55%), Sugar: 23.47g (26.08%), Cholesterol: 15.36mg (5.12%), Sodium: 108.23mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Calcium: 163.02mg (16.3%), Phosphorus: 137.17mg (13.72%), Vitamin B2: 0.22mg (12.69%), Selenium: 6.53µg (9.33%), Potassium: 197.32mg (5.64%), Vitamin B1: 0.07mg (4.85%), Magnesium: 15.74mg (3.93%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.21µg (3.44%), Zinc: 0.5mg (3.3%), Folate: 12.79µg (3.2%), Manganese: 0.06mg (3.05%), Vitamin A: 140.72IU (2.81%), Vitamin B3: 0.44mg (2.21%), Iron: 0.35mg (1.96%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.24mg (1.6%), Vitamin C: 1.08mg (1.3%), Vitamin K: 1.26µg (1.2%)