



Kumquat Ice Cream

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



32

CALORIES



217 kcal

DESSERT

Ingredients

- 4 cups heavy whipping cream
- 2 pints kumquats halved seeded
- 2 tablespoons juice of lemon
- 5 cups milk
- 3 cups sugar

Equipment

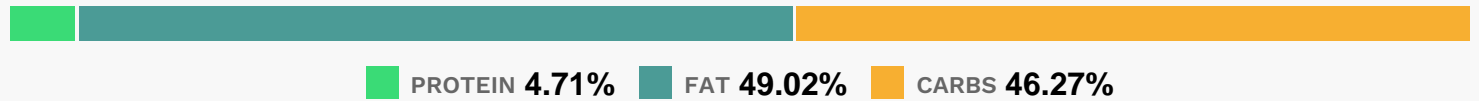
- food processor
- bowl

ice cream machine

Directions

- Puree kumquats in a food processor until smooth; transfer to a large bowl. Stir milk, cream, sugar, and lemon juice into kumquat puree.
- Pour kumquat mixture into ice cream machine and freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:13.77, Inflammation Score:-5, Nutrition Score:4.3130434466445%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 16.99mg, Naringenin: 16.99mg, Naringenin: 16.99mg, Naringenin: 16.99mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg

Nutrients (% of daily need)

Calories: 217.42kcal (10.87%), Fat: 12.28g (18.89%), Saturated Fat: 7.58g (47.39%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 24.14g (8.78%), Sugar: 24.21g (26.9%), Cholesterol: 38.19mg (12.73%), Sodium: 25.67mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin C: 13.52mg (16.39%), Vitamin A: 584.91IU (11.7%), Calcium: 85.11mg (8.51%), Vitamin B2: 0.14mg (8.17%), Fiber: 1.93g (7.7%), Phosphorus: 61.46mg (6.15%), Vitamin D: 0.9µg (5.97%), Vitamin B12: 0.25µg (4.22%), Potassium: 141.8mg (4.05%), Magnesium: 12.63mg (3.16%), Vitamin B5: 0.28mg (2.81%), Vitamin B1: 0.04mg (2.56%), Selenium: 1.73µg (2.47%), Vitamin E: 0.34mg (2.26%), Vitamin B6: 0.04mg (2.24%), Manganese: 0.04mg (2.13%), Zinc: 0.28mg (1.87%), Copper: 0.03mg (1.66%), Iron: 0.29mg (1.63%), Folate: 6.41µg (1.6%), Vitamin K: 1.07µg (1.02%)