



## Lavender-Blueberry Ice Cream

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



164 kcal

DESSERT

### Ingredients

- 1 cup blueberries rinsed
- 0.5 teaspoon ground cinnamon
- 3 cups half-and-half
- 2 tablespoons culinary lavender blossoms dried
- 0.8 cup sugar
- 0.5 teaspoon vanilla

### Equipment

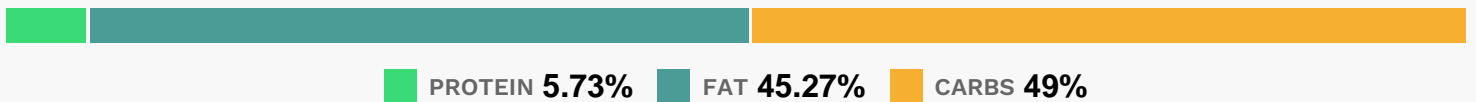
- bowl

- frying pan
- sieve
- blender
- ice cream machine

## Directions

- In a 1- to 1 1/2-quart pan over medium-high heat, stir blueberries, sugar, and 1/2 cup water until berries begin to pop, 4 to 5 minutes.
- Pour mixture through a fine strainer set over a bowl.
- Pour blueberries into a blender. Return berry syrup to pan.
- Add lavender to syrup and stir over medium heat until syrup is infused with flavor, about 5 minutes. Strain into blender, pressing to extract liquid. Discard lavender.
- Add cinnamon and vanilla to blender; whirl until mixture is smooth.
- Pour into a bowl, nest in ice water, and stir often until cold, about 15 minutes. Stir in half-and-half.
- Pour chilled mixture into an ice cream maker (1 1/2-qt. or larger capacity). Freeze according to manufacturer's directions until firm enough to scoop.
- Serve, or transfer to a container and freeze, airtight, up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:11.51, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:2.8691304118737%

## Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin:

0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 163.59kcal (8.18%), Fat: 8.48g (13.04%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 20.24g (7.36%), Sugar: 19.47g (21.63%), Cholesterol: 25.41mg (8.47%), Sodium: 44.61mg (1.94%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 2.42g (4.83%), Vitamin B2: 0.15mg (8.82%), Calcium: 86.34mg (8.63%), Phosphorus: 70.82mg (7.08%), Vitamin A: 274.29IU (5.49%), Vitamin K: 3.83µg (3.65%), Selenium: 2.43µg (3.47%), Manganese: 0.07mg (3.45%), Potassium: 108.25mg (3.09%), Vitamin C: 2.45mg (2.97%), Vitamin B12: 0.14µg (2.3%), Vitamin B5: 0.23mg (2.29%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.31mg (2.07%), Magnesium: 8.23mg (2.06%), Vitamin B1: 0.03mg (1.82%), Vitamin E: 0.27mg (1.79%), Fiber: 0.41g (1.63%)