



Make Your Own Ice Cream Cones on a Panini Press

 Vegetarian  Popular

READY IN



70 min.

SERVINGS



14

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup heavy cream
- ☐ 1.5 cups powdered sugar
- ☐ 1.5 teaspoons vanilla extract

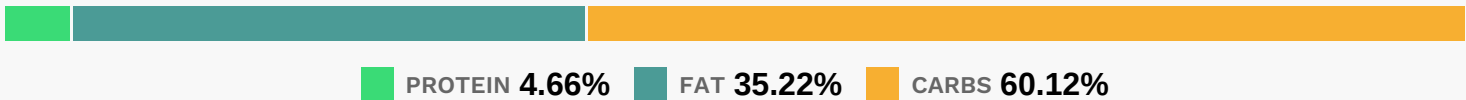
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ panini press

Directions

- ☐ In a medium bowl with a whisk or electric mixer, whip the cream and vanilla together until it is mousse-like. Sift the remaining dry ingredients together in another bowl.
- ☐ Add the dry ingredients to the cream and stir to make a batter.
- ☐ Let the batter sit for 30 minutes.Preheat the panini grill to medium high heat (about 375°F).

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:7.41, Inflammation Score:-2, Nutrition Score:2.6021739192631%

Nutrients (% of daily need)

Calories: 160.44kcal (8.02%), Fat: 6.3g (9.68%), Saturated Fat: 3.95g (24.68%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 23.77g (8.64%), Sugar: 13.18g (14.65%), Cholesterol: 19.21mg (6.4%), Sodium: 5.22mg (0.23%), Alcohol: 0.15g (100%), Alcohol %: 0.42% (100%), Protein: 1.87g (3.75%), Selenium: 5.15µg (7.35%), Vitamin B1: 0.11mg (7.26%), Folate: 25.25µg (6.31%), Vitamin B2: 0.1mg (5.94%), Manganese: 0.1mg (5.08%), Vitamin A: 250.08IU (5%), Vitamin B3: 0.8mg (4.02%), Iron: 0.65mg (3.64%), Phosphorus: 24.6mg (2.46%), Vitamin D: 0.27µg (1.81%), Fiber: 0.4g (1.6%), Calcium: 13.91mg (1.39%), Copper: 0.02mg (1.18%), Vitamin E: 0.17mg (1.1%), Magnesium: 4.36mg (1.09%), Vitamin B5: 0.1mg (1.02%)