



Maple-Bourbon Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 cups vanilla ice cream low-fat
- ☐ 0.3 cup maple syrup

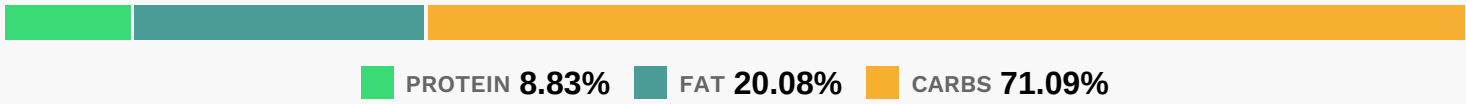
Equipment

- ☐ bowl
- ☐ stand mixer
- ☐ spatula

Directions

- ☐ Place a large bowl in freezer.
- ☐ Let ice cream stand at room temperature 45 minutes or until softened.
- ☐ With a rubber spatula or stand mixer, combine the softened ice cream, maple syrup, bourbon, and cinnamon in chilled bowl. Cover and freeze to desired consistency.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:13.95, Inflammation Score:-3, Nutrition Score:5.5313043477743%

Nutrients (% of daily need)

Calories: 230.38kcal (11.52%), Fat: 4.9g (7.53%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 39g (13%), Net Carbohydrates: 38.65g (14.06%), Sugar: 30.44g (33.82%), Cholesterol: 27.36mg (9.12%), Sodium: 76.25mg (3.32%), Alcohol: 1.67g (100%), Alcohol %: 1.77% (100%), Protein: 4.85g (9.69%), Vitamin B2: 0.43mg (25.24%), Calcium: 178.61mg (17.86%), Manganese: 0.33mg (16.46%), Phosphorus: 104.63mg (10.46%), Vitamin A: 454.22IU (9.08%), Vitamin B12: 0.48µg (7.94%), Potassium: 241.42mg (6.9%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.49mg (4.88%), Magnesium: 17.05mg (4.26%), Vitamin B1: 0.06mg (4.19%), Selenium: 2.03µg (2.9%), Vitamin B6: 0.05mg (2.29%), Folate: 6.09µg (1.52%), Vitamin C: 1.22mg (1.48%), Fiber: 0.35g (1.39%), Iron: 0.22mg (1.2%)