



Milk Chocolate Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



133 kcal

Ingredients

- ☐ 4 cups half-and-half fat-free
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 3 tablespoons cocoa unsweetened

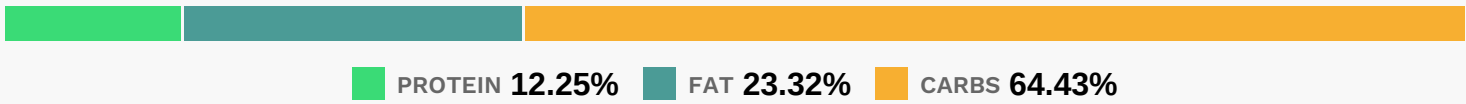
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Combine all ingredients in a large bowl, stirring well with a whisk. Cover and chill at least 8 hours.
- ☐
- Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:9.41, Inflammation Score:-2, Nutrition Score:4.898695634759%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 133.23kcal (6.66%), Fat: 3.56g (5.47%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.71g (7.9%), Sugar: 18.81g (20.9%), Cholesterol: 13.01mg (4.34%), Sodium: 103.66mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Phosphorus: 181.41mg (18.14%), Vitamin B2: 0.28mg (16.49%), Calcium: 146.62mg (14.66%), Selenium: 6.3µg (9.01%), Vitamin B12: 0.48µg (7.92%), Potassium: 260.37mg (7.44%), Zinc: 0.89mg (5.9%), Magnesium: 23.51mg (5.88%), Vitamin B5: 0.52mg (5.25%), Vitamin B1: 0.06mg (4.27%), Vitamin B6: 0.06mg (2.88%), Copper: 0.06mg (2.78%), Manganese: 0.04mg (2.21%), Vitamin A: 104.69IU (2.09%), Fiber: 0.4g (1.59%), Folate: 6.16µg (1.54%), Vitamin C: 1.21mg (1.47%), Iron: 0.2mg (1.13%)