

## No-churn ice cream



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



8

CALORIES



258 kcal

### Ingredients

☐ 0.5 condensed milk sweetened canned

☐ 600 ml double cream

☐ 1 tsp vanilla extract

### Equipment

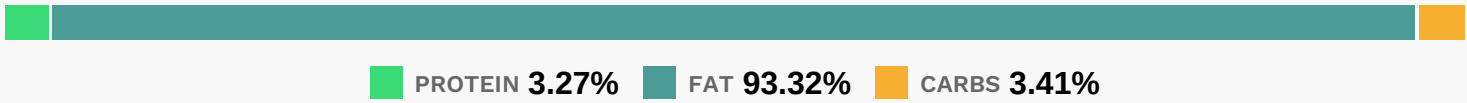
☐ bowl

☐ whisk

### Directions

- ☐
- Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
- ☐
- Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

# Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:3.1139130751076%

## Nutrients (% of daily need)

Calories: 258.23kcal (12.91%), Fat: 27.24g (41.91%), Saturated Fat: 17.36g (108.48%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.24g (0.82%), Sugar: 2.3g (2.56%), Cholesterol: 85.28mg (28.43%), Sodium: 20.5mg (0.89%), Alcohol: 0.18g (100%), Alcohol %: 0.3% (100%), Protein: 2.15g (4.3%), Vitamin A: 1109.25IU (22.18%), Vitamin B2: 0.14mg (8.39%), Vitamin D: 1.21µg (8.05%), Calcium: 50.03mg (5%), Vitamin E: 0.69mg (4.63%), Phosphorus: 43.95mg (4.39%), Selenium: 2.27µg (3.25%), Vitamin K: 2.41µg (2.3%), Potassium: 72.68mg (2.08%), Vitamin B12: 0.12µg (2.02%), Vitamin B5: 0.19mg (1.93%), Magnesium: 5.36mg (1.34%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.18mg (1.21%), Vitamin B1: 0.02mg (1.01%)