



No-Cook Coconut Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1428 kcal

Ingredients

- ☐ 13.5 ounce coconut milk canned
- ☐ 2 servings garnishes: coconut shaved toasted chopped
- ☐ 5 ounce evaporated milk canned
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 0.5 cup milk whole

Equipment

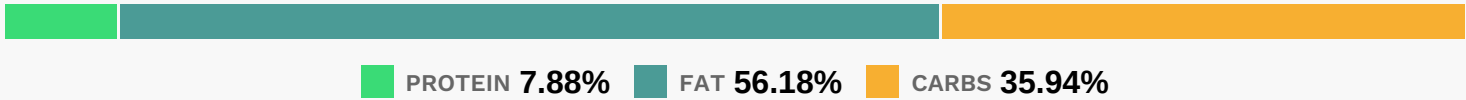
- ☐ bowl

- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Whisk first 3 ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes.
- ☐ Whisk coconut milk, lemon juice, and salt into milk mixture.
- ☐ Pour milk mixture into freezer container of a 1-quart electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)
- ☐ Remove container with ice cream from ice-cream maker, and place in freezer 15 minutes.
- ☐ Transfer to an airtight container; freeze until firm, about 1 to 1 1/2 hours.
- ☐ Serve ice cream with toasted coconut, shaved chocolate, or chopped macadamia nuts.
- ☐ Note: For testing purposes only, we used a Rival 4-quart Durable Plastic Bucket Ice Cream Maker and a Cuisinart Automatic Frozen Yogurt-Ice Cream & Sorbet Maker.
- ☐ Note: To make a tropical sundae, top coconut ice cream with sliced bananas, mango slices, and pineapple chunks.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:67.09, Inflammation Score:-8, Nutrition Score:35.983913084735%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1428.12kcal (71.41%), Fat: 92.89g (142.9%), Saturated Fat: 59.28g (370.53%), Carbohydrates: 133.7g (44.57%), Net Carbohydrates: 126.87g (46.13%), Sugar: 126.15g (140.16%), Cholesterol: 95.35mg (31.78%), Sodium: 671.37mg (29.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Manganese: 3.01mg (150.67%), Phosphorus: 956.51mg (95.65%), Calcium: 880.8mg (88.08%), Vitamin B2: 1.18mg (69.68%), Selenium: 45.12µg (64.46%), Potassium: 1671.67mg (47.76%), Magnesium: 186.64mg (46.66%), Vitamin B1: 0.66mg (43.86%),

Copper: 0.78mg (39.01%), Zinc: 4.34mg (28.94%), Vitamin B5: 2.77mg (27.65%), Fiber: 6.83g (27.34%), Iron: 4.77mg (26.51%), Vitamin B12: 1.32µg (21.93%), Vitamin C: 18.03mg (21.85%), Vitamin B6: 0.33mg (16.32%), Folate: 64.42µg (16.1%), Vitamin A: 798.96IU (15.98%), Vitamin B3: 2.83mg (14.14%), Vitamin D: 1.14µg (7.59%), Vitamin E: 0.93mg (6.22%), Vitamin K: 1.99µg (1.9%)