



No-Cook Eggnog Ice Cream

 Gluten Free

READY IN



175 min.

SERVINGS



5

CALORIES



597 kcal

Ingredients

- ☐ 2 cups eggnog
- ☐ 2 cups heavy cream
- ☐ 10 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract to taste

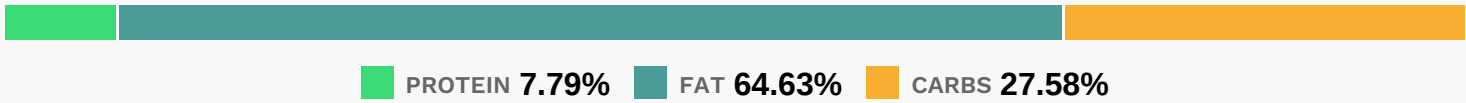
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Mix eggnog, heavy cream, condensed milk, and vanilla in a large bowl.
- ☐ Pour the mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- ☐ Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:23.31, Inflammation Score:-7, Nutrition Score:11.863043440425%

Nutrients (% of daily need)

Calories: 597.4kcal (29.87%), Fat: 43.56g (67.01%), Saturated Fat: 27.64g (172.75%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 41.83g (15.21%), Sugar: 41.9g (46.56%), Cholesterol: 186.8mg (62.27%), Sodium: 152.65mg (6.64%), Alcohol: 0.28g (100%), Alcohol %: 0.14% (100%), Protein: 11.81g (23.62%), Vitamin B2: 0.61mg (35.8%), Calcium: 356.03mg (35.6%), Vitamin A: 1760.12IU (35.2%), Phosphorus: 309.46mg (30.95%), Selenium: 15.51µg (22.16%), Vitamin D: 2.86µg (19.04%), Vitamin B12: 0.86µg (14.32%), Potassium: 469.62mg (13.42%), Vitamin B5: 1.09mg (10.92%), Magnesium: 40.81mg (10.2%), Zinc: 1.23mg (8.2%), Vitamin E: 1.18mg (7.87%), Vitamin B1: 0.1mg (6.98%), Vitamin B6: 0.11mg (5.66%), Vitamin C: 3.57mg (4.33%), Vitamin K: 3.69µg (3.52%), Folate: 11.06µg (2.77%), Iron: 0.41mg (2.26%), Copper: 0.03mg (1.64%), Vitamin B3: 0.29mg (1.45%)