



No-Cook Strawberry Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



643 kcal

DESSERT

Ingredients

- 5 ounce evaporated milk canned
- 2 tablespoons juice of lemon
- 0.3 teaspoon salt
- 16 ounce strawberries fresh frozen thawed
- 2 tablespoons sugar
- 14 ounce condensed milk sweetened canned
- 1.5 cups milk whole

Equipment

- food processor
- bowl
- whisk
- blender
- ice cream machine

Directions

- Whisk first 4 ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes. Process strawberries, lemon juice, and salt in a blender or food processor until smooth. Stir 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.
- 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.

Nutrition Facts



PROTEIN 11.33% **FAT 26.53%** **CARBS 62.14%**

Properties

Glycemic Index:69.7, Glycemic Load:55.09, Inflammation Score:-8, Nutrition Score:24.194782609525%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg,

Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 643.05kcal (32.15%), Fat: 19.49g (29.98%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 102.68g (34.23%), Net Carbohydrates: 99.63g (36.23%), Sugar: 98.21g (109.12%), Cholesterol: 73.32mg (24.44%), Sodium: 459.94mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Vitamin C: 97.11mg (117.71%), Calcium: 674.1mg (67.41%), Phosphorus: 590.94mg (59.09%), Vitamin B2: 0.9mg (53.19%), Selenium: 23.65µg (33.78%), Potassium: 1058.82mg (30.25%), Manganese: 0.6mg (30.06%), Vitamin B12: 1.32µg (21.94%), Magnesium: 80.64mg (20.16%), Vitamin B5: 1.95mg (19.51%), Vitamin B1: 0.25mg (16.55%), Zinc: 2.33mg (15.5%), Folate: 56.62µg (14.16%), Vitamin A: 682.54IU (13.65%), Fiber: 3.05g (12.22%), Vitamin B6: 0.24mg (12.06%), Vitamin D: 1.65µg (11.03%), Vitamin B3: 1.09mg (5.45%), Iron: 0.97mg (5.41%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (5.18%), Vitamin K: 4.77µg (4.54%)