



No-Cook Vanilla Ice Cream

 Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons light-colored corn syrup
- ☐ 0.5 cup crème fraîche
- ☐ 7.5 ounce marshmallow crème
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 2 teaspoons vanilla bean paste
- ☐ 4 cups milk whole divided

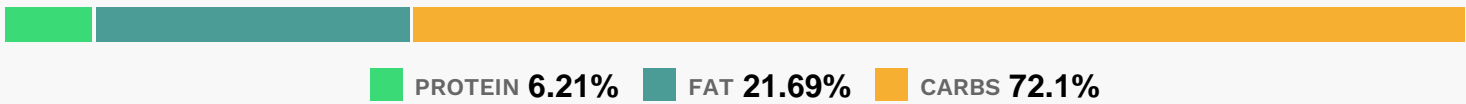
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 4 ingredients; beat with a mixer until smooth. Beat in crme frache and 1 cup milk. Stir in 3 cups milk and corn syrup.
- ☐ Pour into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- ☐ Blackberry Swirl Ice Cream: Prepare No-Cook Vanilla Ice Cream.
- ☐ Combine 1 cup blackberries and 1 tablespoon fresh lemon juice in a food processor; process until smooth. Strain the berry mixture through a fine sieve over a bowl; discard solids. Scrape ice cream into a freezer-safe container.
- ☐ Drizzle berry mixture over top of ice cream; swirl gently. Cover and freeze 1 hour. SERVES 8 (serving size: about 3/4 cup) CALORIES 255; FAT 2g (sat 5g); SODIUM 150mg
- ☐ Chocolate-Almond Ice Cream with Coconut: Prepare No-Cook Vanilla Ice Cream, increasing sugar to 1 cup and adding 1/2 cup unsweetened dark cocoa to sugar. Stir 1/3 cup chopped salted roasted almonds into ice cream; scrape ice cream into a freezer-safe container. Cover and freeze 2 hours or until firm. Scoop about 3/4 cup ice cream into each of 9 bowls; sprinkle 1/3 cup toasted unsweetened shaved coconut evenly over ice cream. SERVES 9 CALORIES 289; FAT 1g (sat 5g); SODIUM 150mg

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:14.6, Inflammation Score:-2, Nutrition Score:4.4634782069403%

Nutrients (% of daily need)

Calories: 268.25kcal (13.41%), Fat: 6.76g (10.4%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 50.53g (18.37%), Sugar: 44.31g (49.23%), Cholesterol: 23.12mg (7.71%), Sodium: 127.06mg (5.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Calcium: 165.51mg (16.55%), Phosphorus:

134.15mg (13.41%), Vitamin B2: 0.2mg (11.51%), Vitamin B12: 0.69µg (11.48%), Vitamin D: 1.34µg (8.95%), Potassium: 201.37mg (5.75%), Vitamin A: 287.2IU (5.74%), Vitamin B5: 0.5mg (5.03%), Vitamin B1: 0.07mg (4.96%), Selenium: 2.99µg (4.27%), Magnesium: 16.13mg (4.03%), Vitamin B6: 0.08mg (4.02%), Zinc: 0.57mg (3.82%)