



## No-Cook Vanilla Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



937 kcal

DESSERT

### Ingredients

- ☐ 5 ounce evaporated milk canned
- ☐ 2 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 teaspoons vanilla
- ☐ 2 cups milk whole

### Equipment

- ☐ food processor
- ☐ bowl

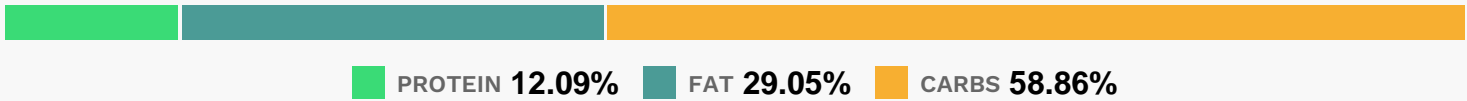
- ☐ baking sheet
- ☐ baking paper
- ☐ whisk
- ☐ blender
- ☐ microwave
- ☐ ice cream machine

## Directions

- ☐ Whisk all ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes.
- ☐ 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.
- ☐ No-Cook Chocolate Ice Cream: Omit sugar, vanilla, and whole milk.
- ☐ Add 2 cups whole chocolate milk and 2/3 cup chocolate syrup. Proceed as directed. Makes 1 quart.
- ☐ No-Cook Chocolate-Almond Ice Cream: Prepare No-Cook Chocolate Ice Cream as directed.
- ☐ Remove container with ice cream from ice-cream maker, and place in freezer. Freeze 15 minutes. Stir 3/4 cup toasted sliced almonds into prepared ice cream.
- ☐ Place in an airtight container; freeze until firm. Makes 1 1/4 quarts.
- ☐ No-Cook Turtle Ice Cream: Prepare No-Cook Vanilla Ice Cream as directed. Stir 1/4 cup caramel sauce into prepared ice cream.
- ☐ Remove container with ice cream from ice-cream maker, and place in freezer. Freeze 15 minutes. Microwave 1/2 cup semisweet chocolate morsels and 1 teaspoon shortening in a microwave-safe glass bowl at HIGH 1 minute. Stir until smooth.
- ☐ Place 3/4 cup toasted chopped pecans on a parchment paper-lined baking sheet.
- ☐ Drizzle pecans with melted chocolate. Freeze 5 minutes. Break into bite-size pieces. Stir chocolate-and-pecan pieces into ice cream.

- ☐ Place in an airtight container; freeze until firm. Makes 1 1/2 quarts.
- ☐ No-Cook Fig-Mint Ice Cream: Prepare No-Cook Vanilla Ice Cream as directed.
- ☐ Remove container with prepared ice cream from ice-cream maker, and place in freezer. Freeze 15 minutes. Stir together 2 cups chopped peeled fresh figs, 1/4 cup fresh lemon juice, 2 tablespoons sugar, and 2 teaspoons chopped fresh mint. Stir mixture into prepared ice-cream mixture.
- ☐ Place in an airtight container; freeze until firm. Makes 1 1/2 quarts.
- ☐ Note: We used Black Mission Figs; any fresh figs in season should work in this recipe, including green figs.
- ☐ No-Cook Peach Ice Cream: Omit vanilla and sugar, and reduce whole milk to 1 1/4 cups. Process 4 peeled, sliced medium-size fresh ripe peaches or 1 (25-ounce) can peaches in light syrup, drained, with 2 tablespoons sugar; 1/4 cup fresh lemon juice; and 1/4 teaspoon salt in a blender or food processor until smooth. Stir into milk mixture with 3/4 cup peach nectar. Proceed as directed. Makes 1 1/2 quarts.
- ☐ No-Cook Strawberry Ice Cream: Omit vanilla, and reduce whole milk to 1 1/2 cups. Process 1 (16-ounce) container fresh strawberries or 1 (16-ounce) package thawed frozen strawberries, 2 tablespoons lemon juice, and 1/4 teaspoon salt in a blender or food processor until smooth. Stir into milk mixture. Proceed as directed. Makes 1 1/2 quarts.
- ☐ No-Cook Coconut Ice Cream: Omit vanilla and sugar, and reduce whole milk to 1/2 cup.
- ☐ Whisk 1 (5-ounce) can coconut milk, 2 tablespoons fresh lemon juice, and 1/4 teaspoon salt into milk mixture. Proceed as directed.
- ☐ Serve ice cream with toasted coconut, shaved chocolate, or chopped macadamia nuts. Makes 1 quart.
- ☐ Note: To make a tropical sundae, top coconut ice cream with sliced bananas, mango slices, and pineapple chunks.

## Nutrition Facts



## Properties

Glycemic Index:84.55, Glycemic Load:78.56, Inflammation Score:-7, Nutrition Score:25.505652334379%

## Nutrients (% of daily need)

Calories: 936.81kcal (46.84%), Fat: 30.47g (46.88%), Saturated Fat: 18.69g (116.8%), Carbohydrates: 138.92g (46.31%), Net Carbohydrates: 138.92g (50.52%), Sugar: 139.29g (154.77%), Cholesterol: 117.31mg (39.1%), Sodium: 420.35mg (18.28%), Alcohol: 1.38g (100%), Alcohol %: 0.33% (100%), Protein: 28.53g (57.06%), Calcium: 1049.25mg (104.92%), Phosphorus: 892.62mg (89.26%), Vitamin B2: 1.39mg (81.9%), Selenium: 35.71µg (51.01%), Vitamin B12: 2.3µg (38.4%), Potassium: 1323.14mg (37.8%), Vitamin B5: 2.85mg (28.52%), Magnesium: 98.37mg (24.59%), Vitamin B1: 0.35mg (23.27%), Zinc: 3.42mg (22.78%), Vitamin A: 1094.52IU (21.89%), Vitamin D: 3.15µg (21.01%), Vitamin B6: 0.29mg (14.33%), Vitamin C: 6.51mg (7.89%), Folate: 27.5µg (6.87%), Vitamin B3: 0.83mg (4.14%), Vitamin E: 0.55mg (3.69%), Iron: 0.52mg (2.9%), Copper: 0.05mg (2.36%), Vitamin K: 2.35µg (2.24%), Manganese: 0.04mg (1.78%)