



WHATSheATE



No Ice Cream Maker Peppermint Ice Cream



Gluten Free

READY IN



765 min.

SERVINGS



6

CALORIES



560 kcal

DESSERT

Ingredients

- ☐ 14 ounces eagle brand condensed milk canned
- ☐ 2 cups heavy cream
- ☐ 0.7 cup peppermint candies chopped
- ☐ 1 teaspoon vanilla extract

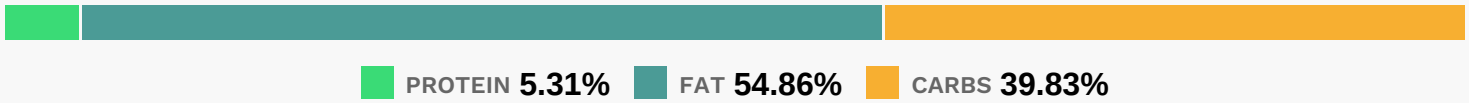
Equipment

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Line inside of a 9×5 inch loaf pan with plastic wrap. If using the ice cream between cake layers, line two round 8 or 9 inch cake pans with plastic wrap.
- ☐ Pour condensed milk and flavorings (vanilla and peppermint) in a large mixing bowl.In a second bowl, whip the cream until thick. Fold the whipped cream into the condensed milk mixture, then pour into the loaf pan OR divide evenly between the cake pans. Cover with plastic wrap and chill for a few hours or until very firm.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:34.46, Inflammation Score:-6, Nutrition Score:7.972173931806%

Nutrients (% of daily need)

Calories: 560.49kcal (28.02%), Fat: 34.39g (52.91%), Saturated Fat: 21.88g (136.74%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 56.19g (20.43%), Sugar: 51.15g (56.83%), Cholesterol: 112.14mg (37.38%), Sodium: 105.49mg (4.59%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 7.49g (14.97%), Vitamin A: 1342.82IU (26.86%), Vitamin B2: 0.43mg (25%), Calcium: 240.3mg (24.03%), Phosphorus: 213.41mg (21.34%), Selenium: 12.17µg (17.39%), Vitamin D: 1.4µg (9.34%), Potassium: 321.77mg (9.19%), Vitamin B5: 0.7mg (6.99%), Vitamin B12: 0.42µg (6.97%), Magnesium: 22.83mg (5.71%), Vitamin E: 0.84mg (5.57%), Zinc: 0.81mg (5.42%), Vitamin B1: 0.08mg (5.03%), Vitamin B6: 0.06mg (3.08%), Vitamin K: 2.94µg (2.8%), Vitamin C: 2.2mg (2.66%), Folate: 10.45µg (2.61%), Iron: 0.21mg (1.14%)