



Peanut Butter and Jelly Ice Cream



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



1526 kcal

DESSERT

Ingredients

- ☐ 113 g brown sugar
- ☐ 195 g peanut butter
- ☐ 240 g preserves of preference
- ☐ 470 ml non-dairy creamer like mimiccreme
- ☐ 235 ml soymilk
- ☐ 15 ml vanilla extract

Equipment

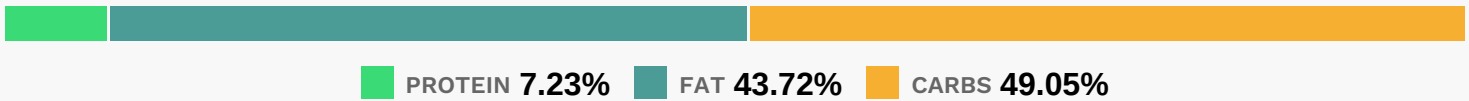
- ☐ sauce pan

☐ ice cream machine

Directions

- ☐ Mix soymilk, soy creamer, peanut butter, and brown sugar in a saucepan and cook over low heat. Once mixture begins to boil, remove from heat.
- ☐ Add vanilla extract.Refrigerate mixture unless chilled, approximately 2 to 3 hours. Freeze according to your ice cream maker’s instructions. In the last few minutes of churning, add jam.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:48.33, Inflammation Score:-8, Nutrition Score:31.833043430163%

Nutrients (% of daily need)

Calories: 1526.32kcal (76.32%), Fat: 76.01g (116.94%), Saturated Fat: 14.73g (92.04%), Carbohydrates: 191.9g (63.97%), Net Carbohydrates: 185.43g (67.43%), Sugar: 154.22g (171.35%), Cholesterol: 0mg (0%), Sodium: 691.41mg (30.06%), Alcohol: 2.27g (100%), Alcohol %: 0.45% (100%), Protein: 28.28g (56.57%), Vitamin E: 13.91mg (92.74%), Vitamin B3: 16.96mg (84.8%), Manganese: 1.53mg (76.43%), Phosphorus: 508.55mg (50.85%), Magnesium: 175.45mg (43.86%), Potassium: 1347.79mg (38.51%), Vitamin B6: 0.75mg (37.74%), Copper: 0.7mg (35.25%), Folate: 135.12µg (33.78%), Calcium: 304.94mg (30.49%), Vitamin B2: 0.52mg (30.41%), Fiber: 6.47g (25.88%), Vitamin C: 19mg (23.03%), Vitamin B12: 1.27µg (21.1%), Zinc: 2.9mg (19.34%), Iron: 3.33mg (18.5%), Selenium: 12.39µg (17.71%), Vitamin B1: 0.23mg (15.14%), Vitamin B5: 1.13mg (11.34%), Vitamin A: 496.39IU (9.93%), Vitamin D: 1.41µg (9.38%), Vitamin K: 6.25µg (5.95%)