



Peanut Butter Honey Ice Cream

 Vegetarian  Gluten Free  Popular

READY IN



240 min.

SERVINGS



2

CALORIES



1441 kcal

DESSERT

Ingredients

- 2 cups half and half
- 0.5 cup honey (see note above)
- 2 servings kosher salt to taste (see note above)
- 1 cup creamy peanut butter (see note above)
- 0.3 cup sugar

Equipment

- food processor
- blender

ice cream machine

Directions

- In a blender or food processor, combine half and half, peanut butter, honey, and sugar. Blend until very smooth, about 30 seconds. Blend in salt 1/4 teaspoon at a time to taste. Move blender carafe to refrigerator and chill until mixture is very cold, about 3 hours.
- Churn chilled base in ice cream maker according to manufacturer's instructions.
- Transfer to freezer to firm for 3 to 4 hours before serving.

Nutrition Facts

PROTEIN 9.65% **FAT 55.28%** **CARBS 35.07%**

Properties

Glycemic Index:68.18, Glycemic Load:57.03, Inflammation Score:-9, Nutrition Score:32.996521275976%

Nutrients (% of daily need)

Calories: 1441.04kcal (72.05%), Fat: 93.83g (144.35%), Saturated Fat: 30.04g (187.76%), Carbohydrates: 133.91g (44.64%), Net Carbohydrates: 127.55g (46.38%), Sugar: 118.07g (131.19%), Cholesterol: 84.7mg (28.23%), Sodium: 898.46mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.71%), Manganese: 1.96mg (98.14%), Vitamin B3: 17.52mg (87.62%), Vitamin E: 12.36mg (82.38%), Phosphorus: 670.6mg (67.06%), Magnesium: 243.91mg (60.98%), Vitamin B2: 0.75mg (44.28%), Vitamin B6: 0.71mg (35.71%), Calcium: 327.61mg (32.76%), Potassium: 1091.61mg (31.19%), Folate: 119.89µg (29.97%), Copper: 0.6mg (29.8%), Zinc: 4.41mg (29.4%), Fiber: 6.36g (25.45%), Vitamin B5: 2.12mg (21.24%), Selenium: 13.86µg (19.8%), Vitamin A: 856.68IU (17.13%), Vitamin B1: 0.25mg (16.71%), Iron: 2.72mg (15.13%), Vitamin B12: 0.46µg (7.66%), Vitamin K: 3.53µg (3.36%), Vitamin C: 2.6mg (3.15%)