



Peppermint Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



715 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 2 cups milk
- ☐ 0.5 pound peppermint candies crushed
- ☐ 2 cups whipping cream

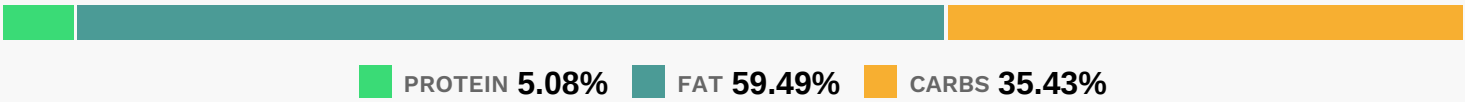
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐
- Soak crushed peppermint candy in milk in a large metal mixing bowl overnight.
- ☐
- Beat egg whites (at room temperature) until stiff peaks form. Slowly fold egg whites and whipped cream into candy–milk mixture. Freeze 2 hours. Beat with an electric mixer until mixture is slushy. Return ice cream to freezer for several hours or until firm.
- ☐
- Spoon into individual bowls, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:39.71, Inflammation Score:-8, Nutrition Score:9.3265216609706%

Nutrients (% of daily need)

Calories: 715.23kcal (35.76%), Fat: 46.89g (72.14%), Saturated Fat: 29.64g (185.24%), Carbohydrates: 62.82g (20.94%), Net Carbohydrates: 62.82g (22.85%), Sugar: 47.76g (53.07%), Cholesterol: 149.11mg (49.7%), Sodium: 103.39mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.03%), Vitamin A: 1946.94IU (38.94%), Vitamin B2: 0.46mg (26.94%), Calcium: 229.65mg (22.97%), Vitamin D: 3.25µg (21.64%), Phosphorus: 194.49mg (19.45%), Vitamin B12: 0.86µg (14.38%), Selenium: 8.89µg (12.7%), Potassium: 320.5mg (9.16%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 1.16mg (7.71%), Vitamin B1: 0.09mg (6.18%), Magnesium: 24.62mg (6.16%), Vitamin B6: 0.12mg (5.84%), Zinc: 0.79mg (5.27%), Vitamin K: 4.17µg (3.98%), Folate: 5.36µg (1.34%), Vitamin B3: 0.22mg (1.1%)