



## Peppermint Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

DESSERT

### Ingredients

- ☐ 2 large egg yolks
- ☐ 2.5 cups milk 2% divided reduced-fat
- ☐ 0.7 cup peppermint candies crushed ( 25 candies)
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 teaspoons vanilla extract

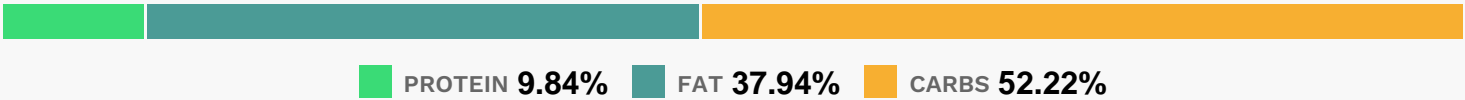
### Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ Combine 1 1/4 cups 2% milk and egg yolks in a heavy saucepan over medium heat. Cook until mixture is slightly thick and coats the back of a spoon (about 8 minutes), stirring constantly (do not boil). Cool egg mixture slightly.
- ☐ Combine egg mixture, 1 1/4 cups 2% milk, vanilla, and condensed milk in a large bowl. Cover and chill completely. Stir in crushed candies.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-2, Nutrition Score:6.616956550142%

## Nutrients (% of daily need)

Calories: 319.75kcal (15.99%), Fat: 13.72g (21.11%), Saturated Fat: 9.9g (61.87%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 42.49g (15.45%), Sugar: 42.07g (46.74%), Cholesterol: 68.67mg (22.89%), Sodium: 112.02mg (4.87%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 8.01g (16.02%), Calcium: 264.56mg (26.46%), Vitamin B2: 0.37mg (21.54%), Phosphorus: 210mg (21%), Selenium: 11.57µg (16.52%), Vitamin B12: 0.69µg (11.53%), Potassium: 293.42mg (8.38%), Vitamin B5: 0.76mg (7.62%), Zinc: 0.92mg (6.13%), Vitamin B1: 0.08mg (5.4%), Vitamin A: 268.97IU (5.38%), Magnesium: 21.34mg (5.34%), Folate: 15.35µg (3.84%), Vitamin B6: 0.07mg (3.42%), Vitamin D: 0.33µg (2.19%), Vitamin C: 1.44mg (1.74%), Vitamin E: 0.21mg (1.41%), Iron: 0.23mg (1.26%)