



Perfect No-Cook Strawberry Ice Cream



Vegetarian



Gluten Free

READY IN



240 min.

SERVINGS



3

CALORIES



781 kcal

DESSERT

Ingredients

- ☐ 2 cups cup heavy whipping cream
- ☐ 0.8 teaspoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 pound strawberries trimmed halved
- ☐ 0.8 cup sugar

Equipment

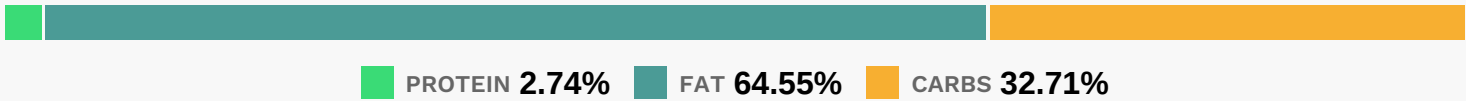
- ☐ bowl
- ☐ blender

- ☐ potato masher
- ☐ ice cream machine

Directions

- ☐ Coarsely mash strawberries with sugar, lemon juice, and salt using a potato masher in a large bowl.
- ☐ Let stand, stirring and mashing occasionally, 10 minutes.
- ☐ Transfer half of strawberry mixture to a blender and purée with cream until smooth. Return strawberry cream to bowl with remaining strawberries and chill, stirring occasionally, until very cold, 3 to 6 hours.
- ☐ Freeze mixture in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer to firm up.
- ☐ Ice cream keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:38.34, Inflammation Score:-9, Nutrition Score:15.092173783675%

Flavonoids

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Nutrients (% of daily need)

Calories: 780.62kcal (39.03%), Fat: 57.9g (89.07%), Saturated Fat: 36.52g (228.23%), Carbohydrates: 66g (22%), Net Carbohydrates: 62.98g (22.9%), Sugar: 61.96g (68.84%), Cholesterol: 179.29mg (59.76%), Sodium: 141.76mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin C: 90.34mg (109.5%), Vitamin A: 2350.62IU (47.01%), Manganese: 0.59mg (29.38%), Vitamin B2: 0.34mg (20.07%), Vitamin D: 2.54µg (16.92%), Calcium: 129.55mg (12.95%), Phosphorus: 128.41mg (12.84%), Vitamin E: 1.9mg (12.67%), Fiber: 3.03g (12.11%), Potassium: 384.37mg (10.98%), Folate: 42.88µg (10.72%), Selenium: 5.67µg (8.09%), Vitamin K: 8.4µg (8%), Magnesium: 30.84mg (7.71%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.6mg (5.95%), Copper: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.55%), Iron: 0.81mg (4.47%), Vitamin B12: 0.25µg (4.23%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.69mg (3.43%)