



Piña Colada Ice Cream

 Gluten Free

READY IN



18 min.

SERVINGS



16

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce fat-free
- ☐ 0.5 teaspoon coconut extract
- ☐ 2 large egg yolk
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 2 cups skim milk fat-free
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 0.5 cup pecans toasted chopped
- ☐ 8 ounce pineapple rings crushed undrained canned

- ☐ 1 teaspoon rum extract
- ☐ 0.5 cup sugar
- ☐ 0.5 cup coconut sweetened flaked toasted
- ☐ 8 teaspoons coconut sweetened flaked toasted

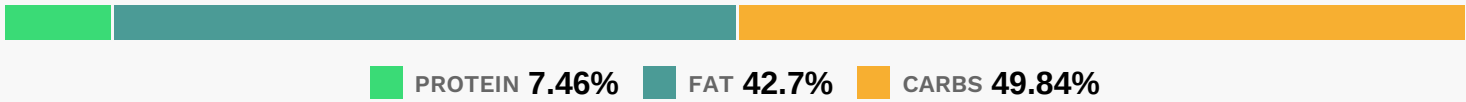
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large saucepan. Bring to a boil over medium-high heat, stirring frequently.
- ☐ Combine sugar and egg yolks in a small bowl. Gradually add about one-fourth hot milk mixture to eggs, stirring constantly with a whisk.
- ☐ Add to remaining hot milk mixture, stirring constantly.
- ☐ Remove from heat; stir in 1/2 cup coconut and next 5 ingredients. Cool completely, stirring occasionally. Cover and chill at least 1 hour.
- ☐ Pour mixture into the freezer can of a 4-quart ice cream freezer, and freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Cover and freeze at least 2 hours or until firm.
- ☐ Sprinkle each serving with toasted coconut.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:4.1404347821422%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 168.04kcal (8.4%), Fat: 8.1g (12.46%), Saturated Fat: 4.58g (28.65%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 20.25g (7.36%), Sugar: 17.95g (19.94%), Cholesterol: 30.59mg (10.2%), Sodium: 111.89mg (4.86%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 3.18g (6.37%), Phosphorus: 114.31mg (11.43%), Manganese: 0.21mg (10.48%), Calcium: 95.31mg (9.53%), Vitamin B2: 0.16mg (9.28%), Selenium: 3.67µg (5.25%), Potassium: 182.55mg (5.22%), Magnesium: 19.16mg (4.79%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.66mg (4.38%), Copper: 0.08mg (4.07%), Fiber: 1.02g (4.07%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.06mg (2.79%), Vitamin C: 2.02mg (2.44%), Vitamin A: 109.5IU (2.19%), Folate: 7.74µg (1.93%), Iron: 0.3mg (1.69%), Vitamin E: 0.15mg (1.03%)