



Plum Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



685 kcal

DESSERT

Ingredients

- ☐ 3 cups purple diced black 6 plums
- ☐ 1 cup sugar
- ☐ 3 cups whipping cream

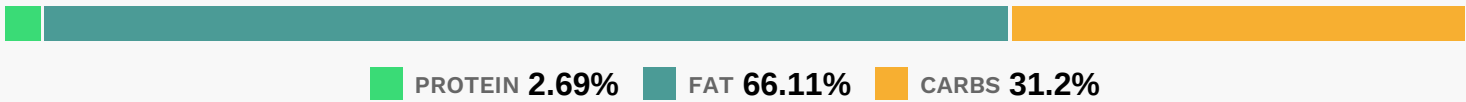
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Cook plums and sugar in a saucepan over medium heat 5 minutes or until plums are tender and sugar is dissolved.
- ☐ Process plum mixture in a food processor until smooth; strain and discard skins.
- ☐ Stir together plum puree and whipping cream in container of a 2- or 4- quart electric freezer. Freeze according to manufacturer's instructions.
- ☐ Pack freezer with additional ice and rock salt, and let stand 1 hour before serving.
- ☐ Serve with almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:31.75, Inflammation Score:-8, Nutrition Score:8.3713044239127%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 685.06kcal (34.25%), Fat: 51.96g (79.93%), Saturated Fat: 32.86g (205.38%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 53.8g (19.56%), Sugar: 53.91g (59.9%), Cholesterol: 161.36mg (53.79%), Sodium: 38.96mg (1.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Vitamin A: 2440.71IU (48.81%), Vitamin B2: 0.3mg (17.75%), Vitamin D: 2.28µg (15.23%), Vitamin C: 10.26mg (12.44%), Vitamin E: 1.57mg (10.47%), Vitamin K: 10.91µg (10.39%), Calcium: 100.59mg (10.06%), Phosphorus: 98.66mg (9.87%), Potassium: 291.89mg (8.34%), Selenium: 4.52µg (6.46%), Fiber: 1.39g (5.54%), Vitamin B5: 0.5mg (4.98%), Magnesium: 16.93mg (4.23%), Vitamin B6: 0.08mg (3.93%), Vitamin B12: 0.23µg (3.81%), Copper: 0.07mg (3.75%), Vitamin B1: 0.06mg (3.75%), Zinc: 0.45mg (2.97%), Manganese: 0.05mg (2.73%), Folate: 10.66µg (2.67%), Vitamin B3: 0.5mg (2.52%), Iron: 0.33mg (1.84%)