



Pumpkin Gingersnap Ice Cream

READY IN



50 min.

SERVINGS



8

CALORIES



462 kcal

DESSERT

Ingredients

- 0.5 cup gingersnaps crushed
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 cup brown sugar light packed
- 1 cup brown sugar light packed
- 0.5 cup milk
- 1 cup pumpkin puree homemade
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

1 pt whipping cream

Equipment

bowl

whisk

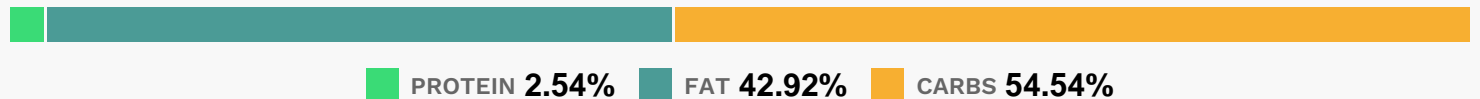
ice cream machine

Directions

Whisk all ingredients except gingersnaps and bourbon in a bowl to blend. Strain into an ice cream maker and freeze according to manufacturer's directions.

Scrape ice cream into a bowl and stir in gingersnaps and bourbon. Freeze, covered, until scoopable, 2 1/2 hours and up to 1 week (gingersnaps soften somewhat after 1 day).

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:9.7252174149389%

Nutrients (% of daily need)

Calories: 461.94kcal (23.1%), Fat: 22.63g (34.82%), Saturated Fat: 14.11g (88.2%), Carbohydrates: 64.7g (21.57%), Net Carbohydrates: 63.49g (23.09%), Sugar: 58.3g (64.78%), Cholesterol: 68.67mg (22.89%), Sodium: 150.7mg (6.55%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 3.01g (6.02%), Vitamin A: 5661.29IU (113.23%), Manganese: 0.32mg (16.01%), Calcium: 119.74mg (11.97%), Vitamin B2: 0.17mg (10.03%), Iron: 1.4mg (7.77%), Vitamin D: 1.11µg (7.43%), Potassium: 244.87mg (7%), Phosphorus: 69.1mg (6.91%), Vitamin K: 7.09µg (6.76%), Vitamin E: 0.95mg (6.34%), Magnesium: 22.17mg (5.54%), Fiber: 1.21g (4.85%), Selenium: 3.35µg (4.79%), Copper: 0.09mg (4.46%), Vitamin B5: 0.43mg (4.32%), Vitamin B6: 0.08mg (3.94%), Folate: 12.78µg (3.2%), Vitamin B12: 0.18µg (2.95%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.33mg (2.18%), Vitamin C: 1.65mg (2%)