



Pumpkin Gingersnap Ice Cream

READY IN



50 min.

SERVINGS



8

CALORIES



357 kcal

DESSERT

Ingredients

- 0.5 cup gingersnaps crushed
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 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

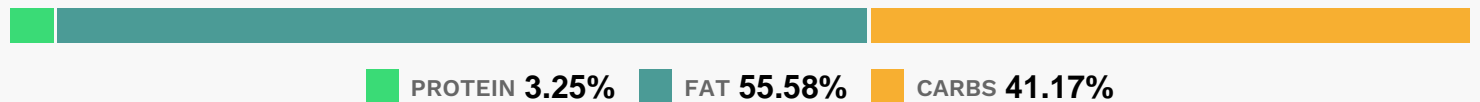
Equipment

- 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:9.3621738993603%

Nutrients (% of daily need)

Calories: 357.44kcal (17.87%), Fat: 22.63g (34.82%), Saturated Fat: 14.11g (88.2%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 36.51g (13.28%), Sugar: 31.63g (35.14%), Cholesterol: 68.67mg (22.89%), Sodium: 143mg (6.22%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 2.98g (5.96%), Vitamin A: 5661.29IU (113.23%), Manganese: 0.3mg (15.13%), Vitamin B2: 0.17mg (10.03%), Calcium: 96.91mg (9.69%), Vitamin D: 1.11µg (7.43%), Phosphorus: 68mg (6.8%), Vitamin K: 7.09µg (6.76%), Iron: 1.2mg (6.69%), Vitamin E: 0.95mg (6.34%), Potassium: 208.3mg (5.95%), Magnesium: 19.7mg (4.92%), Fiber: 1.21g (4.85%), Selenium: 3.02µg (4.32%), Vitamin B5: 0.4mg (3.96%), Copper: 0.08mg (3.82%), Vitamin B6: 0.07mg (3.37%), Folate: 12.51µg (3.13%), Vitamin B12: 0.18µg (2.95%), Vitamin B1: 0.04mg (2.8%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.32mg (2.12%), Vitamin C: 1.65mg (2%)