



Pumpkin Ice Cream



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



554 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup pumpkin canned
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon orange juice
- ☐ 0.5 gallon whipped cream softened

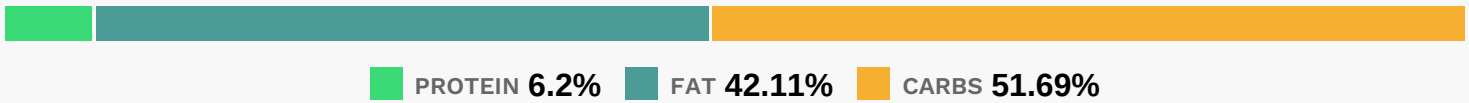
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Place ice cream in a large bowl; set aside.
- ☐ Mix remaining ingredients with an electric mixer on low speed; blend into ice cream. Cover and freeze.
- ☐ Let soften slightly before scooping for serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:33.17, Inflammation Score:-10, Nutrition Score:14.517826246179%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 554.26kcal (27.71%), Fat: 26.14g (40.22%), Saturated Fat: 16.13g (100.81%), Carbohydrates: 72.19g (24.06%), Net Carbohydrates: 69.58g (25.3%), Sugar: 64.71g (71.9%), Cholesterol: 104.1mg (34.7%), Sodium: 194.72mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Vitamin A: 5766.74IU (115.33%), Vitamin B2: 0.59mg (34.43%), Calcium: 323.33mg (32.33%), Phosphorus: 260.43mg (26.04%), Potassium: 558.57mg (15.96%), Vitamin B12: 0.92µg (15.38%), Vitamin B5: 1.52mg (15.2%), Zinc: 1.7mg (11.31%), Magnesium: 42.06mg (10.51%), Fiber: 2.61g (10.45%), Vitamin B1: 0.11mg (7.1%), Vitamin E: 1.04mg (6.91%), Vitamin B6: 0.14mg (6.91%), Selenium: 4.62µg (6.6%), Manganese: 0.13mg (6.4%), Vitamin K: 5.63µg (5.36%), Copper: 0.1mg (4.8%), Vitamin C: 3.77mg (4.57%), Iron: 0.77mg (4.29%), Folate: 16.35µg (4.09%), Vitamin D: 0.47µg (3.15%), Vitamin B3: 0.42mg (2.12%)