



Raspberry-Almond Ice Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



428 kcal

DESSERT

Ingredients

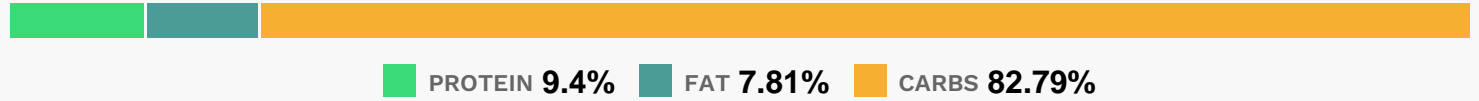
- 0.5 teaspoon almond extract
- 2 cups milk 1% low-fat
- 10 ounce raspberries in syrup frozen thawed
- 14 ounce condensed milk sweetened low-fat canned

Equipment

Directions

- Combine all ingredients, stirring until blended.
- Pour milk mixture into freezer can of a 2-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.4021739336136%

Nutrients (% of daily need)

Calories: 428.43kcal (21.42%), Fat: 3.87g (5.96%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 92.44g (30.81%), Net Carbohydrates: 92.44g (33.62%), Sugar: 84.12g (93.47%), Cholesterol: 14.64mg (4.88%), Sodium: 156.49mg (6.8%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 10.49g (20.99%), Calcium: 355.24mg (35.52%), Phosphorus: 97.26mg (9.73%), Vitamin B12: 0.58µg (9.6%), Vitamin B2: 0.13mg (7.8%), Vitamin A: 383.47IU (7.67%), Vitamin D: 1.04µg (6.92%), Potassium: 150.69mg (4.31%), Vitamin B1: 0.05mg (3.59%), Vitamin B5: 0.34mg (3.41%), Magnesium: 11.38mg (2.84%), Vitamin B6: 0.06mg (2.84%), Selenium: 1.98µg (2.83%), Zinc: 0.41mg (2.71%)