



## Raspberry ripple ice cream

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



305 kcal

DESSERT

### Ingredients

- ☐ 250 g raspberry
- ☐ 225 g caster sugar
- ☐ 2 large eggs
- ☐ 600 ml double cream
- ☐ 12 servings cones sliced

### Equipment

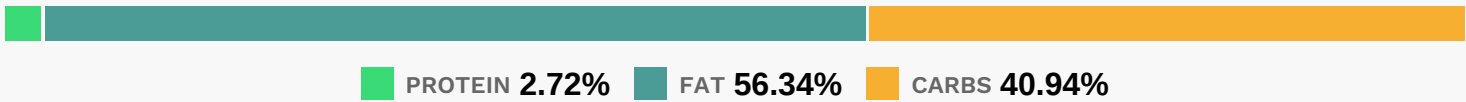
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ sieve

## Directions

- ☐ Place the raspberries and 2 tbsp of the sugar in a small pan. Cook on a medium heat until sugar dissolves. Simmer for 5 mins until thickened, then push through a sieve into a bowl and discard the seeds left in the sieve.
- ☐ Place the eggs, egg yolks and remaining sugar in a bowl.
- ☐ Whisk with an electric whisk to combine, then place over a pan of gently simmering water make sure the bowl isnt actually touching the water. Beat with the electric whisk for 3-4 mins until thick and pale.
- ☐ Remove from heat and continue beating until cool.
- ☐ In another bowl, whisk the cream until it forms soft peaks, then gently fold into the cool egg mix until just combined.
- ☐ Pour the mix into a shallow container or dish that can be frozen.
- ☐ Gently swirl the raspberry coulis through, cover with cling film and freeze for at least 6 hrs.
- ☐ Serve scoops in bowls with sliced mango and extra raspberries, or scoop into cones and top with sprinkles for the kids.

## Nutrition Facts



## Properties

Glycemic Index:8.01, Glycemic Load:13.38, Inflammation Score:-5, Nutrition Score:3.9673912758413%

## Flavonoids

Cyanidin: 9.54mg, Cyanidin: 9.54mg, Cyanidin: 9.54mg, Cyanidin: 9.54mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 305.46kcal (15.27%), Fat: 19.62g (30.19%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 30.73g (11.17%), Sugar: 30.22g (33.58%), Cholesterol: 87.44mg (29.15%), Sodium: 15.34mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin A: 787.12IU (15.74%), Vitamin B2: 0.12mg (7.12%), Manganese: 0.14mg (7.12%), Vitamin C: 5.76mg (6.98%), Vitamin D: 0.96µg (6.39%), Fiber: 1.35g (5.42%), Vitamin E: 0.72mg (4.78%), Selenium: 3.25µg (4.64%), Phosphorus: 46.26mg (4.63%), Calcium: 42.25mg (4.22%), Vitamin K: 3.25µg (3.1%), Vitamin B5: 0.28mg (2.82%), Folate: 10.52µg (2.63%), Potassium: 82.71mg (2.36%), Vitamin B12: 0.14µg (2.26%), Magnesium: 8.25mg (2.06%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.28mg (1.84%), Iron: 0.28mg (1.56%), Vitamin B1: 0.02mg (1.45%), Copper: 0.03mg (1.39%)