



HEALTH SCORE

67%

Raspberry Ripple & White Chocolate Ice Cream (no churn)



Vegetarian



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



4056 kcal

DESSERT

Ingredients

- ☐ 90 g chocolate buttons white roughly chopped (it's nice to have some bigger pieces)
- ☐ 375 g condensed milk
- ☐ 600 ml double cream
- ☐ 5 tbsp icing sugar
- ☐ 300 g raspberries
- ☐ 1 seeds from vanilla pod

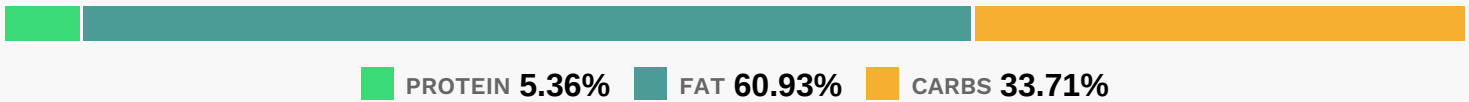
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve

Directions

- ☐ Cook the raspberries and icing sugar gently, until the berries begin to collapse, then remove them from the heat and sieve into a bowl to remove the pips.
- ☐ In a large bowl, whisk together the condensed milk, cream and vanilla until it starts to thicken. This takes about 5 minutes with an electric hand whisk.
- ☐ Pour some of the raspberry puree into the ice cream mixture and stir only enough to swirl through.
- ☐ Line a loaf tin with clingfilm, then pour in a layer of ice cream, next pour over some puree, then another layer of each. Until you have filled your tin. Keep a little of the puree to pour on top of the ice cream.
- ☐ Pop the ice cream in the fridge to set, preferably overnight. Take out of the freezer about 15-20 minutes before you want to serve it, to let it soften.
- ☐ Enjoy

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:165.82, Inflammation Score:-10, Nutrition Score:61.593477995499%

Flavonoids

Cyanidin: 137.31mg, Cyanidin: 137.31mg, Cyanidin: 137.31mg, Cyanidin: 137.31mg Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg, Delphinidin: 3.96mg Malvidin: 0.39mg, Malvidin: 0.39mg, Malvidin: 0.39mg, Malvidin: 0.39mg Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg, Pelargonidin: 2.94mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg, Catechin: 3.93mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg, Epigallocatechin 3-gallate: 1.62mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 4055.5kcal (202.78%), Fat: 281.36g (432.86%), Saturated Fat: 176.93g (1105.8%), Carbohydrates: 350.17g (116.72%), Net Carbohydrates: 330.49g (120.18%), Sugar: 327.23g (363.59%), Cholesterol: 828.45mg (276.15%), Sodium: 724.11mg (31.48%), Alcohol: 0.34g (100%), Alcohol %: 0.03% (100%), Protein: 55.69g (111.38%), Vitamin A: 9999.89IU (200%), Vitamin B2: 3.07mg (180.65%), Calcium: 1717.97mg (171.8%), Phosphorus: 1544.29mg (154.43%), Selenium: 78.5µg (112.14%), Vitamin C: 92.42mg (112.03%), Manganese: 2.05mg (102.48%), Fiber: 19.68g (78.72%), Potassium: 2677.33mg (76.5%), Vitamin D: 10.41µg (69.38%), Vitamin E: 9.63mg (64.18%), Vitamin B5: 5.89mg (58.86%), Magnesium: 216.67mg (54.17%), Vitamin B12: 3.12µg (52%), Vitamin K: 53.15µg (50.62%), Zinc: 6.9mg (46.03%), Vitamin B1: 0.61mg (40.74%), Folate: 134.69µg (33.67%), Vitamin B6: 0.62mg (30.91%), Copper: 0.45mg (22.51%), Iron: 3.63mg (20.15%), Vitamin B3: 3.64mg (18.21%)