



## Ricotta Ice Cream with Honey and Almonds

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2542 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup almonds sliced
- ☐ 0.5 cup honey
- ☐ 1.5 cups ricotta cheese
- ☐ 1 pint whipped cream

### Equipment

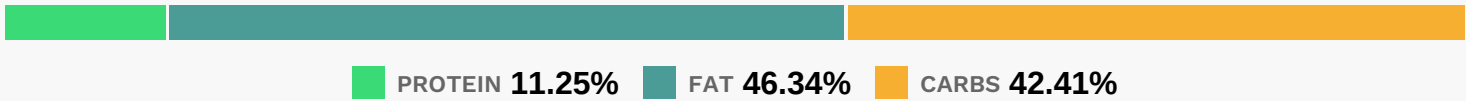
- ☐ food processor
- ☐ bowl
- ☐ frying pan

☐ oven

## Directions

- ☐ In a small frying pan, toast the almonds over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- ☐ Let cool completely.
- ☐ Put a large metal bowl in the freezer.
- ☐ Let the ice cream stand at room temperature until just beginning to soften but still frozen. In a food processor, puree the ricotta and honey until smooth.
- ☐ Remove the bowl from the freezer and put the ice cream in it. Stir until smooth. Stir in the ricotta mixture.
- ☐ Transfer the ice-cream mixture to a shallow stainless-steel pan and then return it to the freezer, covered, until firm enough to scoop, about 60 minutes.
- ☐ Serve the ice cream topped with the toasted almonds.

## Nutrition Facts



## Properties

Glycemic Index:150.27, Glycemic Load:142.61, Inflammation Score:-10, Nutrition Score:51.602173867433%

## Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg, Epigallocatechin: 1.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 2541.54kcal (127.08%), Fat: 134.77g (207.33%), Saturated Fat: 65.61g (410.05%), Carbohydrates: 277.55g (92.52%), Net Carbohydrates: 265.27g (96.46%), Sugar: 243.48g (270.53%), Cholesterol: 397.92mg (132.64%), Sodium: 698.49mg (30.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.58g (147.17%), Vitamin B2: 2.71mg (159.53%), Calcium: 1571.49mg (157.15%), Phosphorus: 1423.26mg (142.33%), Vitamin E: 19.49mg (129.95%),

Selenium: 66.64µg (95.2%), Manganese: 1.77mg (88.62%), Magnesium: 296.85mg (74.21%), Vitamin A: 3648.16IU (72.96%), Zinc: 10.11mg (67.37%), Potassium: 1926.13mg (55.03%), Vitamin B12: 3.11µg (51.84%), Fiber: 12.28g (49.1%), Copper: 0.96mg (47.93%), Vitamin B5: 3.98mg (39.8%), Iron: 5.11mg (28.4%), Vitamin B6: 0.52mg (26.1%), Vitamin B1: 0.38mg (25.59%), Folate: 102.05µg (25.51%), Vitamin B3: 3.64mg (18.19%), Vitamin D: 1.69µg (11.27%), Vitamin K: 5.51µg (5.25%), Vitamin C: 3.69mg (4.47%)