


# Roasted Strawberry Coconut Milk Ice Cream


 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN




45 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

## Ingredients

- 1 tbsp granulated sugar raw
- 2 cans coconut milk
- 0.5 tsp ground cardamom
- 1 pound strawberries washed and hulled
- 0.5 vanilla pod

## Equipment

- sauce pan
- knife

ice cream machine

## Directions

Add the coconut milk, 1/2 cup of raw cane sugar, and the cardamom to a sauce pan. Using a small knife, cut down the length of the vanilla bean and scrape all of the seeds into the coconut milk mixture.

Add in the vanilla bean as well.

Remove the vanilla bean halve from the ice cream base and discard it. Process the mixture according to the manufacturer's instructions on your ice cream maker. I added in the strawberries after about 10 minutes when the mixture starting getting thicker and gaining a bit of volume. Eat immediately (it will be somewhat soft), or place in an airtight container in the freezer. Makes approximately 6 to 8 servings.

## Nutrition Facts

 **PROTEIN 4.05%** **FAT 80.79%** **CARBS 15.16%**

## Properties

Glycemic Index:26.51, Glycemic Load:4.94, Inflammation Score:-3, Nutrition Score:8.1295652173913%

## Flavonoids

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## Taste

Sweetness: 85.98%, Saltiness: 1.98%, Sourness: 41.88%, Bitterness: 5.96%, Savoriness: 1.84%, Fattiness: 100%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 213.18kcal (10.66%), Fat: 20.6g (31.69%), Saturated Fat: 18.07g (112.96%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.27g (4.74%), Cholesterol: 0mg (0%), Sodium: 13.02mg (0.57%), Protein: 2.32g (4.64%), Manganese: 0.99mg (49.37%), Vitamin C: 34.32mg (41.6%), Iron: 3.4mg (18.9%), Magnesium: 51.59mg (12.9%), Copper: 0.24mg (12.04%), Phosphorus: 105.51mg (10.55%), Potassium: 298.28mg (8.52%), Folate: 26.98µg (6.74%), Fiber: 1.17g (4.68%), Zinc: 0.62mg (4.16%), Vitamin B3: 0.83mg (4.14%), Calcium: 26.76mg (2.68%), Vitamin B6: 0.05mg (2.68%), Vitamin B1: 0.03mg (2.32%), Vitamin B5: 0.22mg (2.17%), Vitamin K: 1.25µg (1.19%), Vitamin E: 0.16mg (1.1%)