



## Rose Ice Cream

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



396 kcal

### Ingredients

- 0.5 teaspoon ground cardamom
- 2 tablespoons warm milk
- 0.3 cup pistachios chopped
- 1.5 tablespoons rose syrup
- 1 pinch saffron threads
- 1.5 quarts whipped cream softened

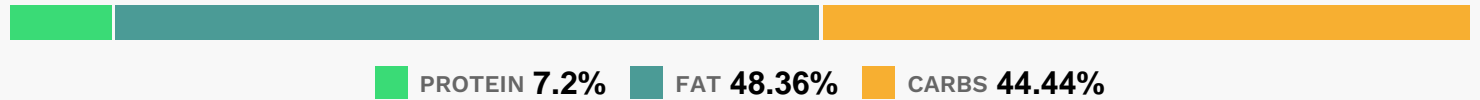
### Equipment

- bowl

## Directions

- Add the saffron to the warm milk and set aside for 15 minutes.
- Combine the softened ice cream, saffron with milk, rose syrup, cardamom, and pistachios in a large bowl. Stir until the ice cream is smooth and pink in color. Scoop the ice cream back into the container and freeze 2 hours, or until ready to eat.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:24.98, Inflammation Score:-6, Nutrition Score:9.2213043959244%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 396.05kcal (19.8%), Fat: 21.4g (32.93%), Saturated Fat: 12.33g (77.08%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 41.92g (15.24%), Sugar: 38.16g (42.4%), Cholesterol: 78.52mg (26.17%), Sodium: 143.56mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin B2: 0.44mg (26%), Calcium: 240.94mg (24.09%), Phosphorus: 210.86mg (21.09%), Vitamin A: 889.55IU (17.79%), Vitamin C: 13.12mg (15.91%), Vitamin B12: 0.71µg (11.87%), Potassium: 411.53mg (11.76%), Vitamin B5: 1.09mg (10.87%), Fiber: 2.34g (9.37%), Zinc: 1.34mg (8.94%), Magnesium: 32.16mg (8.04%), Vitamin B6: 0.16mg (7.76%), Vitamin B1: 0.11mg (7.27%), Manganese: 0.13mg (6.28%), Vitamin E: 0.78mg (5.23%), Selenium: 3.53µg (5.05%), Copper: 0.09mg (4.72%), Folate: 10.92µg (2.73%), Vitamin D: 0.4µg (2.64%), Iron: 0.36mg (1.99%), Vitamin B3: 0.3mg (1.49%), Vitamin K: 1.26µg (1.2%)