



Rum-Macadamia Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



219 kcal

Ingredients

- ☐ 3.5 tablespoons rum dark
- ☐ 1 cup half and half
- ☐ 3.5 cups milk 2% reduced-fat
- ☐ 0.5 cup macadamia nuts toasted chopped
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 teaspoons vanilla extract

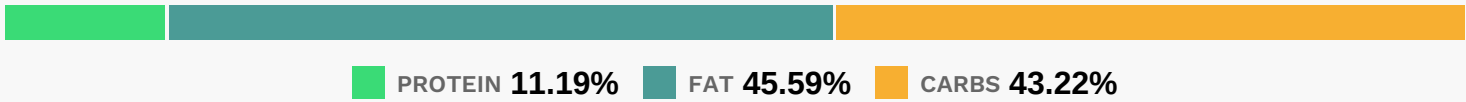
Equipment

- ☐ whisk

Directions

- ☐ Combine first 4 ingredients; stir well with a whisk.
- ☐ Pour milk mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Stir in nuts and rum. Spoon ice cream into a freezer-safe container; cover and freeze 4 hours or until almost firm.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:11, Inflammation Score:-3, Nutrition Score:6.2530434960904%

Nutrients (% of daily need)

Calories: 219.12kcal (10.96%), Fat: 10.79g (16.6%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.54g (8.2%), Sugar: 22.65g (25.16%), Cholesterol: 23.81mg (7.94%), Sodium: 87.04mg (3.78%), Alcohol: 1.69g (100%), Alcohol %: 1.61% (100%), Protein: 5.96g (11.92%), Calcium: 202.93mg (20.29%), Vitamin B2: 0.31mg (18.47%), Phosphorus: 176.88mg (17.69%), Manganese: 0.24mg (12.24%), Selenium: 7.46µg (10.66%), Vitamin B12: 0.55µg (9.14%), Vitamin B1: 0.13mg (8.65%), Potassium: 267.31mg (7.64%), Magnesium: 25.53mg (6.38%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.8mg (5.3%), Vitamin A: 229.91IU (4.6%), Vitamin B6: 0.07mg (3.43%), Copper: 0.05mg (2.73%), Folate: 8.3µg (2.07%), Fiber: 0.48g (1.92%), Iron: 0.3mg (1.64%), Vitamin C: 1.25mg (1.51%), Vitamin B3: 0.3mg (1.48%), Vitamin E: 0.15mg (1.03%)