



Smooth Raspberry Ice Cream

 Vegetarian  Gluten Free

READY IN



210 min.

SERVINGS



16

CALORIES



183 kcal

DESSERT

Ingredients

- 0.3 cup plus light
- 2 eggs
- 1.5 cups half-and-half
- 1 cup heavy whipping cream
- 1 tablespoon juice of lemon
- 4 cups raspberries fresh
- 1.3 cups sugar white

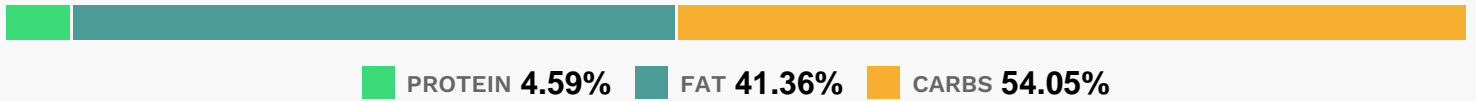
Equipment

- food processor
- bowl
- sieve
- blender
- ice cream machine

Directions

- Puree raspberries in a blender or food processor; pour mixture through a strainer to remove seeds.
- Beat eggs and sugar together in a bowl until smooth. Stir raspberry puree, half-and-half, cream, corn syrup, and lemon juice into the egg-sugar mixture.
- Transfer raspberry cream mixture to the ice cream maker. Freeze according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:12.83, Inflammation Score:-3, Nutrition Score:3.828260857126%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 183.21kcal (9.16%), Fat: 8.76g (13.48%), Saturated Fat: 5.19g (32.47%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 23.81g (8.66%), Sugar: 23.47g (26.07%), Cholesterol: 45.21mg (15.07%), Sodium: 29.45mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 8.52mg (10.32%), Manganese: 0.2mg (10.18%), Fiber: 1.95g (7.81%), Vitamin A: 338.63IU (6.77%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 49.85mg (4.98%), Calcium: 45.59mg (4.56%), Selenium: 3.06µg (4.37%), Vitamin E: 0.51mg (3.42%), Vitamin K: 3.13µg (2.98%), Vitamin B5: 0.29mg (2.88%), Potassium: 98.32mg (2.81%), Magnesium: 10.68mg (2.67%), Folate: 10.35µg (2.59%), Vitamin D: 0.35µg (2.32%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (2.14%), Vitamin B12: 0.12µg (1.93%), Iron: 0.34mg (1.88%), Copper: 0.04mg (1.8%), Vitamin B1: 0.02mg (1.66%), Vitamin B3: 0.22mg (1.09%)