



Snow Angel Ice Cream



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



171 kcal

Ingredients



10 cups clean snow fresh



14 ounce condensed milk sweetened canned



2 teaspoons vanilla extract

Equipment



bowl

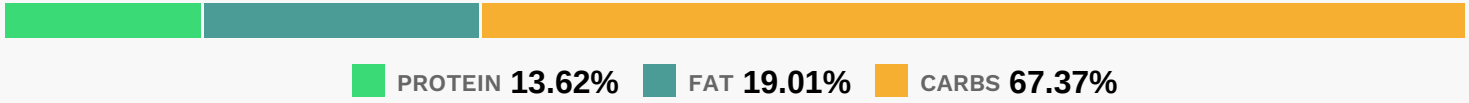


blender

Directions

- ☐
- Stir the sweetened condensed milk and vanilla extract together in a large bowl.
- ☐
- Place the strawberries into a blender, and puree until almost smooth.
- ☐
- Mix the strawberries into the condensed milk mixture until thoroughly combined.
- ☐
- With a large spoon, gently mix in the snow, about 1 cup at a time.
- ☐
- Mix in the milk, 2 tablespoons at a time, until the snow ice cream is soft and holds its shape when spooned.
- ☐
- Serve immediately; store leftover ice cream in an airtight container in the freezer.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:13.17, Inflammation Score:-8, Nutrition Score:12.495651918909%

Nutrients (% of daily need)

Calories: 170.87kcal (8.54%), Fat: 3.65g (5.61%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 26.54g (9.65%), Sugar: 25.61g (28.46%), Cholesterol: 13.49mg (4.5%), Sodium: 54.4mg (2.37%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Protein: 5.88g (11.77%), Vitamin C: 59.83mg (72.52%), Vitamin K: 24.74µg (23.56%), Vitamin A: 1171.23IU (23.42%), Calcium: 154.95mg (15.49%), Phosphorus: 152.4mg (15.24%), Vitamin B2: 0.24mg (14.37%), Vitamin B1: 0.18mg (12.19%), Manganese: 0.24mg (12.17%), Iron: 2.11mg (11.75%), Folate: 45.53µg (11.38%), Vitamin B5: 1.03mg (10.33%), Fiber: 2.55g (10.19%), Potassium: 344.43mg (9.84%), Selenium: 6.56µg (9.37%), Vitamin B6: 0.18mg (8.86%), Magnesium: 33.94mg (8.48%), Zinc: 0.64mg (4.26%), Copper: 0.08mg (4.2%), Vitamin B3: 0.67mg (3.37%), Vitamin E: 0.45mg (2.97%), Vitamin B12: 0.17µg (2.91%)