



Snow Ice Cream I



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



697 kcal

DESSERT

Ingredients

- ☐ 2 eggs beaten
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 gallon snow
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

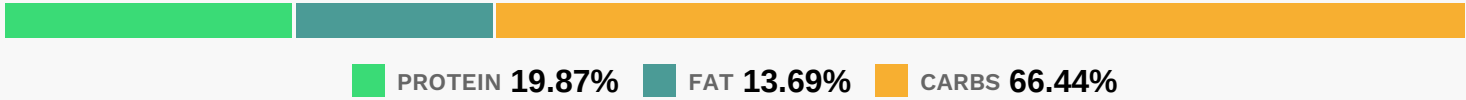
Equipment

- ☐ bowl

Directions

☐ In a large bowl, combine evaporated milk, eggs, vanilla and sugar until smooth. Gradually stir in snow until mixture reaches desired consistency. Eat at once.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-10, Nutrition Score:62.496956638668%

Nutrients (% of daily need)

Calories: 697.38kcal (34.87%), Fat: 10.81g (16.63%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 118.05g (39.35%), Net Carbohydrates: 93.45g (33.98%), Sugar: 84.46g (93.84%), Cholesterol: 107.57mg (35.86%), Sodium: 163.64mg (7.11%), Alcohol: 0.52g (100%), Alcohol %: 0.06% (100%), Protein: 35.31g (70.62%), Vitamin C: 569.5mg (690.3%), Vitamin K: 237.19µg (225.89%), Vitamin A: 10617.67IU (212.35%), Manganese: 2.33mg (116.28%), Iron: 20.26mg (112.55%), Folate: 414.9µg (103.73%), Fiber: 24.61g (98.42%), Vitamin B1: 1.47mg (98.01%), Vitamin B5: 8mg (80.01%), Vitamin B6: 1.6mg (79.82%), Phosphorus: 725.3mg (72.53%), Vitamin B2: 1.15mg (67.44%), Calcium: 651.32mg (65.13%), Magnesium: 251.24mg (62.81%), Potassium: 2194.83mg (62.71%), Copper: 0.78mg (39.07%), Vitamin B3: 5.87mg (29.37%), Vitamin E: 4.06mg (27.09%), Zinc: 3.53mg (23.52%), Selenium: 15.64µg (22.35%), Vitamin B12: 0.34µg (5.63%), Vitamin D: 0.53µg (3.52%)