



Sour Cream Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

DESSERT

Ingredients

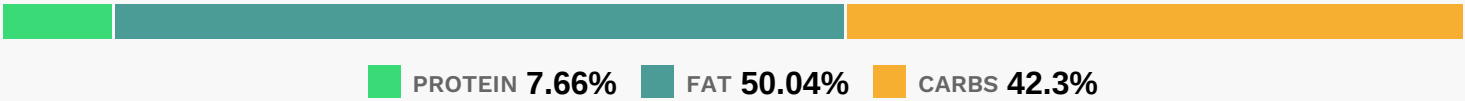
- ☐ 3 pasteurized eggs
- ☐ 1.3 cups half-and-half
- ☐ 1 Dash salt
- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla extract

Equipment

Directions

- ☐
- Combine all ingredients, stirring until smooth.
- ☐
- Pour mixture into freezer can of an ice-cream maker; freeze according to manufacturer's directions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-4, Nutrition Score:7.1565218567848%

Nutrients (% of daily need)

Calories: 407.22kcal (20.36%), Fat: 22.96g (35.32%), Saturated Fat: 12.08g (75.48%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 43.65g (15.87%), Sugar: 42.79g (47.55%), Cholesterol: 182.68mg (60.89%), Sodium: 120.77mg (5.25%), Alcohol: 0.52g (100%), Alcohol %: 0.32% (100%), Protein: 7.91g (15.82%), Vitamin B2: 0.4mg (23.61%), Selenium: 14.87µg (21.25%), Phosphorus: 180.37mg (18.04%), Vitamin A: 799.15IU (15.98%), Calcium: 157.21mg (15.72%), Vitamin B12: 0.56µg (9.27%), Vitamin B5: 0.92mg (9.15%), Potassium: 219.21mg (6.26%), Zinc: 0.91mg (6.09%), Vitamin B6: 0.12mg (5.88%), Folate: 21.18µg (5.3%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.66µg (4.4%), Magnesium: 17.37mg (4.34%), Iron: 0.68mg (3.75%), Vitamin B1: 0.05mg (3.16%), Copper: 0.04mg (2.22%), Vitamin K: 1.93µg (1.84%), Vitamin C: 1.19mg (1.44%), Manganese: 0.02mg (1.06%)