



Strawberry Snow Ice Cream



Vegetarian



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



367 kcal

Ingredients

- 2 cups milk
- 0.5 cup strawberry-flavored milk powder nesquik® (such as)
- 1 gallon clean snow fresh

Equipment

- bowl
- whisk

Directions

- Whisk the milk and strawberry milk powder together in a large bowl until thoroughly combined.
- Gradually stir in the snow, about 1 cup at a time, until the mixture is creamy and holds soft peaks.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:47.880869865417%

Nutrients (% of daily need)

Calories: 366.69kcal (18.33%), Fat: 6.71g (10.33%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 39.12g (14.23%), Sugar: 33.24g (36.94%), Cholesterol: 20.11mg (6.7%), Sodium: 95.72mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Vitamin C: 379.46mg (459.95%), Vitamin K: 158.2µg (150.67%), Vitamin A: 7089.29IU (141.79%), Manganese: 1.55mg (77.35%), Iron: 13.17mg (73.18%), Vitamin B1: 1.02mg (68.14%), Folate: 268.93µg (67.23%), Fiber: 16.4g (65.61%), Vitamin B6: 1.09mg (54.56%), Vitamin B5: 5.28mg (52.77%), Phosphorus: 499.3mg (49.93%), Calcium: 468.61mg (46.86%), Vitamin B2: 0.75mg (43.82%), Potassium: 1525.67mg (43.59%), Magnesium: 170.24mg (42.56%), Copper: 0.51mg (25.39%), Vitamin B3: 3.94mg (19.7%), Vitamin E: 2.56mg (17.09%), Zinc: 2.39mg (15.95%), Vitamin D: 2.01µg (13.43%), Vitamin B12: 0.79µg (13.1%), Selenium: 7.7µg (11%)