



Sweet Potato Ice Cream

 Vegetarian

READY IN



1485 min.

SERVINGS



6

CALORIES



253 kcal

DESSERT

Ingredients

- 0.3 cup beer dark
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1.5 cups half-and-half cold
- 0.8 cup brown sugar light packed
- 1 pinch salt
- 15 ounce sweet potato puree canned

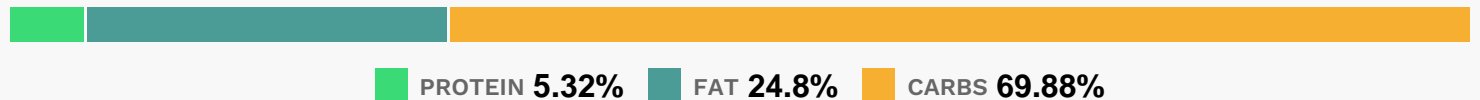
Equipment

- bowl
- whisk
- plastic wrap
- ice cream machine

Directions

- Watch how to make this recipe.
- The day before you make the ice cream freeze the ice cream insert for a full 24 hours.
- Add the sweet potato puree to a large bowl along with the half-and-half, beer, light brown sugar, cinnamon, ground ginger, allspice, and salt.
- Whisk together until smooth. Cover with plastic wrap and chill the mixture thoroughly before churning.
- Churn in your ice cream machine until it freezes to a soft frozen state, about 20 to 25 minutes. Put in the freezer to continue to firm up until you are ready to serve.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:11.48217383675%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 252.9kcal (12.64%), Fat: 7.08g (10.9%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 42.45g (15.43%), Sugar: 33.77g (37.53%), Cholesterol: 21.17mg (7.06%), Sodium: 77.14mg (3.35%), Alcohol: 0.38g (100%), Alcohol %: 0.29% (100%), Protein: 3.42g (6.84%), Vitamin A: 13836.12IU (276.72%), Manganese: 0.43mg (21.65%), Vitamin C: 14.51mg (17.59%), Potassium: 459.3mg (13.12%), Vitamin B6: 0.25mg (12.49%), Calcium: 117.76mg (11.78%), Vitamin B2: 0.2mg (11.49%), Fiber: 2.48g (9.9%), Phosphorus: 98.66mg

(9.87%), Vitamin B5: 0.84mg (8.43%), Magnesium: 28.75mg (7.19%), Copper: 0.13mg (6.74%), Vitamin B1: 0.09mg (6.31%), Vitamin B3: 1.22mg (6.08%), Vitamin E: 0.66mg (4.39%), Iron: 0.76mg (4.21%), Selenium: 2.52µg (3.6%), Zinc: 0.48mg (3.2%), Vitamin K: 2.47µg (2.35%), Vitamin B12: 0.12µg (1.95%), Folate: 7.01µg (1.75%)