



Tofu Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 3 tbsp maple syrup pure
- ☐ 1 cup plant-based milk
- ☐ 12 ounces lite mori-nu tofu firm

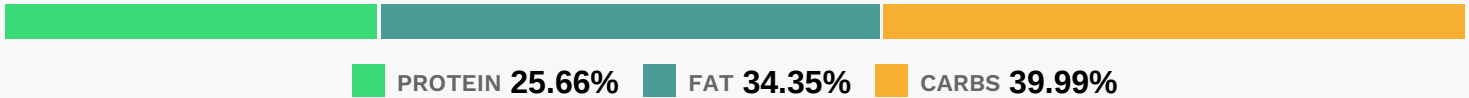
Equipment

- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Combine all ingredients in a blender and whiz until smooth.
- ☐ Transfer mixture to an ice cream machine and allow the machine to run until ice cream has formed, about 30 minutes.
- ☐ Serve immediately.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 60gDietary Fiber1gSugars18.10gProtein5g

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:4.259565240582%

Nutrients (% of daily need)

Calories: 148.54kcal (7.43%), Fat: 5.69g (8.76%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 14.23g (5.18%), Sugar: 12.18g (13.53%), Cholesterol: 7.32mg (2.44%), Sodium: 27.93mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Calcium: 197.69mg (19.77%), Manganese: 0.35mg (17.37%), Vitamin B2: 0.27mg (16.16%), Phosphorus: 61.61mg (6.16%), Iron: 1.04mg (5.76%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Potassium: 125.25mg (3.58%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.68g (2.72%), Magnesium: 10.47mg (2.62%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 98.82IU (1.98%), Vitamin B6: 0.04mg (1.86%), Selenium: 1.16µg (1.66%)