



Vanilla Ice Cream VIII

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



344 kcal

DESSERT

Ingredients

- 8 cups milk
- 1 tablespoon vanilla extract
- 2 cups sugar white

Equipment

- ice cream machine

Directions

Combine milk, sugar and vanilla in freezer canister of ice cream maker. Freeze according to manufacturer's instructions.

Nutrition Facts



PROTEIN 9.16% FAT 20.53% CARBS 70.31%

Properties

Glycemic Index:13.51, Glycemic Load:39.24, Inflammation Score:-3, Nutrition Score:8.0186955164308%

Nutrients (% of daily need)

Calories: 343.58kcal (17.18%), Fat: 7.97g (12.26%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 61.4g (20.47%), Net Carbohydrates: 61.4g (22.33%), Sugar: 61.84g (68.71%), Cholesterol: 29.28mg (9.76%), Sodium: 93.37mg (4.06%), Alcohol: 0.56g (100%), Alcohol %: 0.24% (100%), Protein: 8g (16.01%), Calcium: 300.8mg (30.08%), Phosphorus: 246.54mg (24.65%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.35mg (20.46%), Vitamin D: 2.68µg (17.89%), Potassium: 369.4mg (10.55%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.91mg (9.11%), Vitamin A: 395.28IU (7.91%), Vitamin B6: 0.15mg (7.46%), Magnesium: 29.48mg (7.37%), Selenium: 4.94µg (7.05%), Zinc: 1.01mg (6.71%), Vitamin B3: 0.26mg (1.32%)