



Vanilla Ice Cream With Fruit Blend

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



449 kcal

DESSERT

Ingredients

- ☐ 1 almonds mixed
- ☐ 10 servings almonds
- ☐ 3 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cups milk 2% reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 tablespoon vanilla extract

☐ 1 cup whipping cream

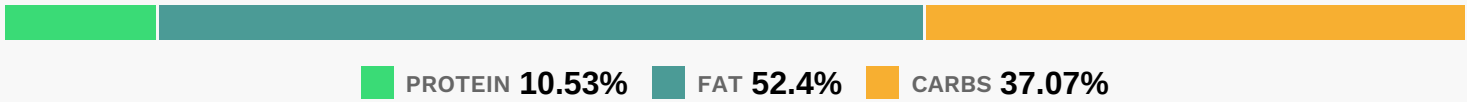
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ dutch oven
- ☐ candy thermometer

Directions

- ☐ Beat eggs at medium speed with an electric mixer until frothy. Stir together sugar, flour, and salt until well blended. Gradually add sugar mixture to eggs, beating until thickened. Gradually add milk, beating until blended.
- ☐ Cook egg mixture in a Dutch oven over medium-low heat, stirring constantly, 15 to 20 minutes or until a candy thermometer registers 17
- ☐ Mixture should be thick enough to coat a spoon.)
- ☐ Fill a large bowl or pan with ice; place Dutch oven in ice, and stir occasionally 10 to 15 minutes until custard is completely cool.
- ☐ Transfer mixture to an airtight container; cover and chill 8 hours. Stir in whipping cream, vanilla, and desired fruit blend.
- ☐ Pour mixture into freezer container of a 1-gal. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and freezing times will vary.)

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:22.05, Inflammation Score:-6, Nutrition Score:14.817826088356%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin:

0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 448.55kcal (22.43%), Fat: 27.02g (41.57%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 39.2g (14.26%), Sugar: 36.94g (41.05%), Cholesterol: 90.25mg (30.08%), Sodium: 189.12mg (8.22%), Alcohol: 0.45g (100%), Alcohol %: 0.29% (100%), Protein: 12.22g (24.44%), Vitamin E: 8.11mg (54.08%), Vitamin B2: 0.65mg (37.97%), Manganese: 0.72mg (36.01%), Phosphorus: 276.83mg (27.68%), Magnesium: 95.61mg (23.9%), Calcium: 219.1mg (21.91%), Copper: 0.33mg (16.72%), Fiber: 3.8g (15.21%), Selenium: 9.6µg (13.72%), Potassium: 400.26mg (11.44%), Vitamin B12: 0.67µg (11.2%), Zinc: 1.66mg (11.05%), Vitamin A: 527.45IU (10.55%), Iron: 1.51mg (8.38%), Vitamin B1: 0.12mg (8.08%), Vitamin B5: 0.77mg (7.75%), Folate: 28.71µg (7.18%), Vitamin B3: 1.3mg (6.49%), Vitamin B6: 0.11mg (5.6%), Vitamin D: 0.68µg (4.54%)