



Vanilla Ice Cream with Sesame Candies and Halvah

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 6 servings honey
- ☐ 3.5 ounces sesame seed
- ☐ 1.5 pints whipped cream
- ☐ 6 servings frangelico crumbled
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Equipment

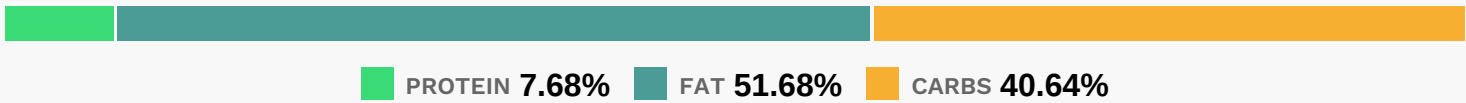
- ☐ bowl

- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Start by placing sesame candies in a large resealable plastic bag. Crush the candies with a rolling pin until broken into small pieces. Divide ice cream among 6 bowls. Top with crushed candy and crumbled halvah.
- ☐ Drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:24.71, Glycemic Load:20.21, Inflammation Score:-5, Nutrition Score:11.723478362612%

Nutrients (% of daily need)

Calories: 360.91kcal (18.05%), Fat: 21.23g (32.66%), Saturated Fat: 9.18g (57.39%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 34.77g (12.64%), Sugar: 30.87g (34.31%), Cholesterol: 52.05mg (17.35%), Sodium: 96.73mg (4.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.19%), Copper: 0.7mg (35.24%), Calcium: 313.07mg (31.31%), Phosphorus: 228.51mg (22.85%), Manganese: 0.42mg (21.09%), Vitamin B2: 0.33mg (19.26%), Magnesium: 74.75mg (18.69%), Iron: 2.54mg (14.12%), Zinc: 2.11mg (14.09%), Vitamin B1: 0.18mg (11.95%), Selenium: 7.87µg (11.25%), Fiber: 2.79g (11.17%), Vitamin A: 499.51IU (9.99%), Vitamin B6: 0.19mg (9.46%), Potassium: 316.44mg (9.04%), Vitamin B12: 0.46µg (7.69%), Vitamin B5: 0.7mg (7%), Folate: 22.1µg (5.52%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.4mg (2.64%), Vitamin D: 0.24µg (1.58%)