



Vegan Pumpkin Ice Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



2

CALORIES



733 kcal

DESSERT

Ingredients

- 2 tablespoons arrowroot powder
- 0.8 cup brown sugar
- 1.5 teaspoons pumpkin pie spice
- 1 cup pumpkin puree
- 1.8 cups non-dairy creamer like mimiccreme
- 1 cup soy milk
- 1 teaspoon vanilla extract

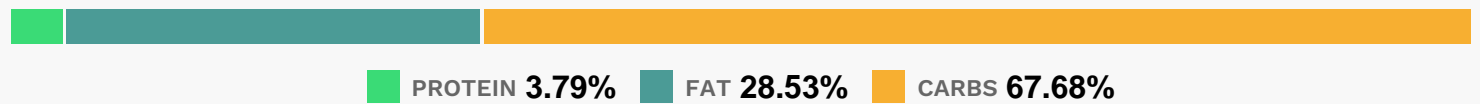
Equipment

- frying pan
- sauce pan
- whisk

Directions

- Mix 1/4 cup soy creamer with arrowroot and set aside.
- Whisk together 1 3/4 cup soy creamer, soy milk, brown sugar, pumpkin puree, vanilla extract, and pumpkin pie spice in a saucepan over medium heat, stirring frequently, until just boiling.
- Remove the pan from the heat; stir in the arrowroot mixture to thicken. Set aside to cool for 30 minutes.
- Fill cylinder of ice cream freezer; freeze according to manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:6.97, Inflammation Score:-10, Nutrition Score:20.616521607275%

Nutrients (% of daily need)

Calories: 733.3kcal (36.67%), Fat: 23.83g (36.66%), Saturated Fat: 4.6g (28.72%), Carbohydrates: 127.2g (42.4%), Net Carbohydrates: 122.68g (44.61%), Sugar: 111.36g (123.74%), Cholesterol: 0mg (0%), Sodium: 230.04mg (10%), Alcohol: 0.69g (100%), Alcohol %: 0.16% (100%), Protein: 7.13g (14.25%), Vitamin A: 19563.83IU (391.28%), Vitamin E: 6mg (40.01%), Calcium: 298.08mg (29.81%), Potassium: 943.34mg (26.95%), Manganese: 0.52mg (25.76%), Vitamin K: 25.28µg (24.07%), Vitamin B3: 4.47mg (22.34%), Vitamin B12: 1.27µg (21.24%), Vitamin B6: 0.38mg (19.21%), Phosphorus: 182.87mg (18.29%), Iron: 3.25mg (18.08%), Fiber: 4.52g (18.07%), Vitamin B2: 0.3mg (17.94%), Vitamin C: 13.99mg (16.96%), Copper: 0.33mg (16.34%), Folate: 54.21µg (13.55%), Magnesium: 38.12mg (9.53%), Selenium: 6.64µg (9.49%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.1mg (6.99%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.6mg (4.01%)