

Quick Pear Ice Cream

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 gallon vanilla ice cream
1/4 cup freshly squeezed lemon juice
1/2 teaspoon cinnamon
4 cups Pacific Northwest Canned Pears, diced, in juice,
drained

Method

Let the ice cream soften until you're able to beat it with an electric mixer using the paddle attachment. Beat in the lemon juice and cinnamon on low speed until combined, and then fold in the pears by hand. Return the container to the freezer 3 to 4 hours or until firm.

Servings

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Nutrition

<i>Calories</i>	169
<i>Calories from Fat</i>	63
<i>Fat</i>	7g
<i>Saturated Fat</i>	4g
<i>Cholesterol</i>	29g
<i>Sodium</i>	56mg
<i>Carbohydrate</i>	25g
<i>Dietary Fiber</i>	1g
<i>Sugar</i>	19g
<i>Protein</i>	2g
<i>Vitamin A</i>	7% DV
<i>Vitamin C</i>	2% DV
<i>Calcium</i>	9% DV
<i>Potassium</i>	5% DV
<i>Iron</i>	1% DV