

# Quick Pear Ice Cream

8 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves, in juice, drained  
1 quart vanilla ice cream  
1 tablespoon freshly squeezed lemon juice  
1/8 teaspoon cinnamon

## Method

Dice the well drained pears into small cubes and set aside.

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.

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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