



1991 Lemon Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



842 kcal

DESSERT

Ingredients

- 6 drops liquid food coloring yellow
- 2 cups half-and-half
- 1 cup juice of lemon fresh
- 2 teaspoons lemon rind grated
- 2 cups milk
- 3 servings garnish: mint sprigs fresh
- 2 cups sugar

Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Stir together first 6 ingredients in a large bowl.
- Pour mixture into a 13- x 9-inch pan; cover and freeze at least 2 hours.
- Process half of mixture in a food processor or blender until smooth.
- Remove from processor, and set aside. Repeat procedure with remaining mixture. Return all of mixture to pan.
- Cover and freeze at least 4 hours or until firm.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.03, Glycemic Load:95.97, Inflammation Score:-6, Nutrition Score:13.048261067142%

Flavonoids

Eriodictyol: 4.28mg, Eriodictyol: 4.28mg, Eriodictyol: 4.28mg, Eriodictyol: 4.28mg Hesperetin: 11.87mg, Hesperetin: 11.87mg, Hesperetin: 11.87mg, Hesperetin: 11.87mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 841.5kcal (42.08%), Fat: 24.39g (37.53%), Saturated Fat: 14.4g (90.02%), Carbohydrates: 153.31g (51.1%), Net Carbohydrates: 152.84g (55.58%), Sugar: 149.66g (166.29%), Cholesterol: 75.99mg (25.33%), Sodium: 162.76mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Vitamin C: 34.97mg (42.38%), Calcium: 383.14mg (38.31%), Vitamin B2: 0.58mg (34.04%), Phosphorus: 324.96mg (32.5%), Vitamin B12: 1.18µg (19.75%), Vitamin A: 882.67IU (17.65%), Potassium: 551.22mg (15.75%), Selenium: 9.14µg (13.06%), Vitamin D: 1.79µg (11.93%), Vitamin B5: 1.19mg (11.87%), Vitamin B6: 0.22mg (11.04%), Vitamin B1: 0.16mg (10.71%), Magnesium:

41.53mg (10.38%), Zinc: 1.36mg (9.1%), Folate: 22.42µg (5.61%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.59µg (2.46%), Vitamin B3: 0.44mg (2.22%), Copper: 0.04mg (2.15%), Fiber: 0.47g (1.86%), Manganese: 0.04mg (1.75%), Iron: 0.27mg (1.52%)