



## Arctic Lime Freeze

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



74 kcal

SIDE DISH

### Ingredients

- 12 ounce limeade concentrate undiluted thawed canned
- 12.3 ounce silken tofu firm drained reduced-fat
- 1.5 cups water

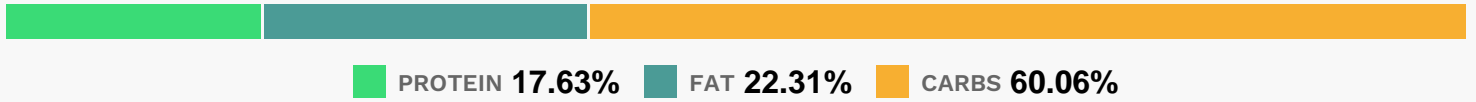
### Equipment

- blender

### Directions

- Place limeade and tofu in a blender; process until smooth.
- Add 1 1/2 cups water; pulse to combine.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the mixture into a freezer-safe container; cover and freeze 2 hours or until firm.
- Garnish with mint and rind, if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.8082608570061%

## Nutrients (% of daily need)

Calories: 73.74kcal (3.69%), Fat: 1.88g (2.9%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 11.34g (4.12%), Sugar: 9.94g (11.05%), Cholesterol: 0mg (0%), Sodium: 9.08mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Copper: 0.17mg (8.33%), Magnesium: 22.3mg (5.57%), Vitamin B1: 0.07mg (4.74%), Phosphorus: 43.92mg (4.39%), Potassium: 132.34mg (3.78%), Iron: 0.57mg (3.18%), Vitamin C: 2.11mg (2.56%), Calcium: 25.11mg (2.51%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.03mg (1.76%), Vitamin B3: 0.22mg (1.08%)