



Avocado-Key Lime Pie Ice Cream

 Vegetarian

READY IN



180 min.

SERVINGS



15

CALORIES



150 kcal

DESSERT

Ingredients

- 0.5 cup buttermilk whole
- 8 oz cream cheese softened room temperature
- 0.8 cup graham crackers crumbled
- 1.5 cups half and half
- 0.3 cup juice of lime fresh
- 1 teaspoon lime zest
- 0.1 teaspoon salt
- 0.8 cup sugar

1.5 teaspoons vanilla paste

Equipment

blender

plastic wrap

Directions

Process all ingredients except crumbled graham crackers in a blender 30 seconds or until very smooth. Cover and chill at least 2 hours or up to 2 days.

Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.)

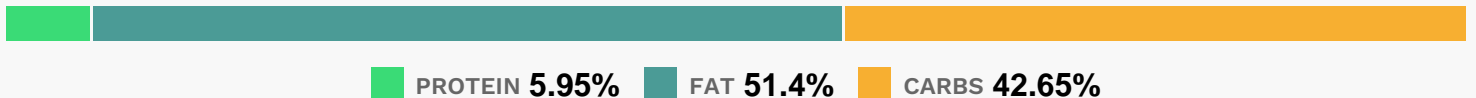
Stir coarsely crumbled graham crackers into prepared ice cream. Freeze 1 hour before serving.

Serve immediately, or transfer to an airtight container, and freeze up to 1 week.

*Vanilla extract may be substituted.

THE COOKIE: White Chocolate-Macadamia Nut Cookies, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.

Nutrition Facts



Properties

Glycemic Index:15.61, Glycemic Load:9.75, Inflammation Score:-2, Nutrition Score:2.1500000040168%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 150.21kcal (7.51%), Fat: 8.73g (13.44%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 16.14g (5.87%), Sugar: 13.34g (14.83%), Cholesterol: 24.62mg (8.21%), Sodium: 119.86mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin B2: 0.11mg (6.4%), Vitamin A: 304.01IU

(6.08%), Phosphorus: 55.65mg (5.56%), Calcium: 54.04mg (5.4%), Selenium: 2.44µg (3.48%), Potassium: 75.73mg (2.16%), Zinc: 0.29mg (1.95%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.19mg (1.92%), Magnesium: 7.57mg (1.89%), Vitamin C: 1.47mg (1.78%), Vitamin B1: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.21mg (1.37%), Iron: 0.23mg (1.26%), Folate: 4.97µg (1.24%), Vitamin B3: 0.22mg (1.12%)