



## Blueberry-Lemon Sour Cream Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



632 kcal

DESSERT

### Ingredients

- 2 cups blueberries fresh
- 1.5 cups half-and-half
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest freshly grated
- 0.5 teaspoon salt
- 0.5 cup heavy whipping cream sour
- 0.5 cup sugar

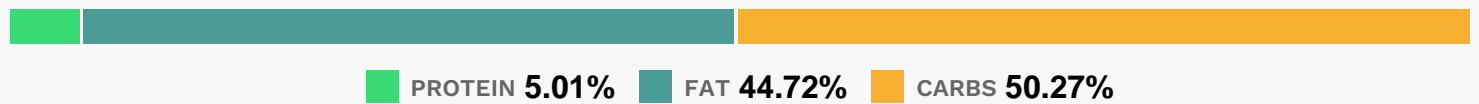
### Equipment

- sieve
- blender
- ice cream machine

## Directions

- In a blender, whirl blueberries and half-and-half until smoothly pureed.
- Add sugar, sour cream, lemon zest, lemon juice, and salt. Whirl until combined.
- Pour mixture through a fine-mesh strainer into an ice cream maker (1-qt. capacity or larger). Freeze according to manufacturer's directions until mixture is firm enough to scoop.
- Serve softly frozen or freeze in an airtight container until firm enough to scoop (at least 3 hours and up to 1 week).

## Nutrition Facts



## Properties

Glycemic Index:55.05, Glycemic Load:42.07, Inflammation Score:-8, Nutrition Score:13.342173794042%

## Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 631.53kcal (31.58%), Fat: 32.7g (50.31%), Saturated Fat: 18.61g (116.33%), Carbohydrates: 82.72g (27.57%), Net Carbohydrates: 78.83g (28.67%), Sugar: 74.41g (82.68%), Cholesterol: 97.45mg (32.48%), Sodium: 712.15mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin B2: 0.52mg (30.73%), Vitamin

K: 31.79µg (30.27%), Vitamin C: 23.28mg (28.22%), Calcium: 266.49mg (26.65%), Manganese: 0.51mg (25.49%), Phosphorus: 234.85mg (23.48%), Vitamin A: 1082.6IU (21.65%), Fiber: 3.89g (15.57%), Potassium: 439.06mg (12.54%), Selenium: 8.41µg (12.02%), Vitamin E: 1.53mg (10.23%), Vitamin B6: 0.2mg (9.99%), Vitamin B5: 0.92mg (9.21%), Magnesium: 33.69mg (8.42%), Vitamin B1: 0.12mg (8.29%), Vitamin B12: 0.47µg (7.76%), Zinc: 1.15mg (7.68%), Copper: 0.12mg (5.95%), Folate: 19.67µg (4.92%), Vitamin B3: 0.89mg (4.44%), Iron: 0.61mg (3.36%)