



Citrus Cream Sorbet With Lemon Crunch Lace Cookies

 Vegetarian  Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



40 kcal

DESSERT

Ingredients

- ☐ 32 servings garnishes: berries fresh
- ☐ 0.5 cup heavy whipping cream
- ☐ 32 servings lemon crunch lace cookies
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1.5 cups milk
- ☐ 0.5 cup orange juice

- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar

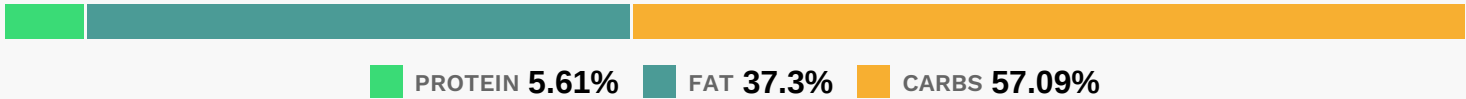
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl, stirring until sugar dissolves.
- ☐ Add milk and whipping cream, stirring until well blended.
- ☐ Pour cream mixture into freezer container of a 2-quart ice-cream maker, and freeze according to manufacturer's instructions. (Freezing instructions will vary among manufacturers.) Pack freezer with additional ice and rock salt, and let stand 1 hour before serving.
- ☐ Serve with Lemon Crunch Lace Cookies.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:1.1082608609096%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 40.13kcal (2.01%), Fat: 1.76g (2.71%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.81g (2.11%), Sugar: 5.43g (6.04%), Cholesterol: 5.57mg (1.86%), Sodium: 14.69mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin C: 6.3mg (7.64%), Calcium: 19.2mg (1.92%), Vitamin A: 83.09IU (1.66%), Vitamin B2: 0.03mg (1.58%), Phosphorus: 15.69mg (1.57%), Vitamin D: 0.19µg (1.24%), Potassium: 39.99mg (1.14%), Vitamin B12: 0.07µg (1.13%), Fiber: 0.25g (1.01%)