

GLUTEN FREE

Creamy Lemon Grass Ice Cream

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
310 min	15 min	25 min	8	\$1.49	348 kcal

Creamy Lemon Grass Ice Cream is a gluten free and lacto ovo vegetarian recipe with 8 servings. One portion of this dish contains approximately 8g of protein, 20g of fat, and a total of 348 calories. For \$1.49 per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2 egg yolks	☐ 3 stalks chopped lemon grass
☐ 2 cups light cream	☐ 1½ cups fat free sweetened condensed milk

EQUIPMENT Bowl, Sauce pan, Whisk, Sieve, Plastic wrap, Ice cream machine

Method

- 1 Heat cream, condensed milk, lemon grass in a saucepan over medium heat until mixture steams.
- 2 Remove from heat before the mixture boils and allow to steep for at least 30 minutes, up to 1 hour and 30 minutes.
- 3 Reheat the cream mixture over medium heat until it begins to steam.
- 4 Whisk egg yolks in a small bowl. Temper the egg yolks by pouring a small amount of the hot mixture in while whisking constantly to avoid scrambling the eggs.
- 5 Pour the warm egg mixture into the cream mixture. Continue to cook and stir until the mixture is able to coat the back of a spoon. Strain mixture through a sieve to remove the bits of lemon grass. Refrigerate until cold.

- 6 Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- 7 Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition per serving

348	8 g	20 g	38 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12 g · 75% of daily needs
Sugar			35.1 g · 39% of daily needs
Sodium			99.8 mg · 4% of daily needs
Cholesterol			115 mg · 38% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/creamy-lemon-grass-ice-cream-141958