



Creamy Lemon Ice Cream With Ginger Biscotti



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



563 kcal

DESSERT

Ingredients

- ☐ 10 egg yolks lightly beaten
- ☐ 12 ounce evaporated milk canned
- ☐ 8 servings ginger biscotti
- ☐ 1 teaspoon lemon extract
- ☐ 0.8 cup juice of lemon fresh 4 lemons
- ☐ 0.3 cup lemon rind grated 3 lemons
- ☐ 1 cup sugar
- ☐ 3.3 cups whipping cream divided

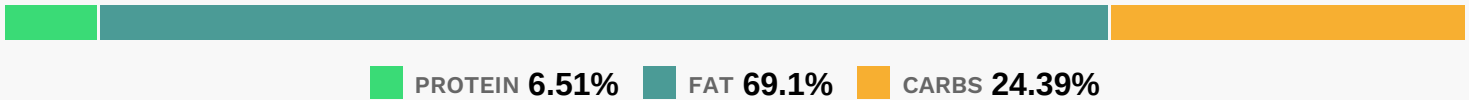
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine 2 1/4 cups whipping cream, evaporated milk, and sugar in a heavy saucepan over medium heat. Bring to a simmer, stirring occasionally; remove from heat. Gradually whisk about one-fourth of warm milk mixture into egg yolks; whisk into remaining hot mixture. Cook over low heat, stirring constantly, 5 to 7 minutes or until mixture coats the back of a spoon.
- ☐ Remove from heat; pour through a wire-mesh strainer into a large bowl. Stir in remaining 1 cup whipping cream, lemon rind, juice, and extract; cover and chill 1 hour.
- ☐ Pour into freezer container of a 4-quart ice-cream maker. Freeze according to manufacturer's instructions. (Freezing instructions will vary among manufacturers.) Spoon ice cream into an airtight container, and freeze until firm.
- ☐ Serve with Ginger Biscotti.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.5, Inflammation Score:-7, Nutrition Score:11.348695526952%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 562.89kcal (28.14%), Fat: 44.24g (68.06%), Saturated Fat: 26.35g (164.71%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 34.71g (12.62%), Sugar: 32.9g (36.56%), Cholesterol: 364.59mg (121.53%), Sodium: 82.9mg (3.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin A: 1850.26IU (37.01%),

Vitamin B2: 0.45mg (26.25%), Selenium: 16.69µg (23.84%), Phosphorus: 233.02mg (23.3%), Calcium: 209.79mg (20.98%), Vitamin D: 2.8µg (18.7%), Vitamin C: 14.21mg (17.23%), Vitamin B5: 1.23mg (12.34%), Folate: 45.3µg (11.33%), Vitamin B12: 0.66µg (11.02%), Vitamin E: 1.59mg (10.57%), Potassium: 282.39mg (8.07%), Vitamin B6: 0.15mg (7.64%), Zinc: 1.11mg (7.37%), Vitamin B1: 0.09mg (5.78%), Magnesium: 20.78mg (5.2%), Iron: 0.86mg (4.77%), Vitamin K: 3.51µg (3.34%), Copper: 0.05mg (2.37%), Fiber: 0.43g (1.71%), Manganese: 0.02mg (1.21%)