



Crema di Limoncello



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



891 kcal

SIDE DISH

Ingredients

- ☐ 10 lemons
- ☐ 1.9 liters milk whole
- ☐ 5 cups sugar (1 kilogram or 2.2 pounds)
- ☐ 0.5 vanilla pod
- ☐ 750 ml everclear (a quality vodka will do if you can't find it)
- ☐ 1 serving cheesecloth
- ☐ 1 bottles bottles
- ☐ 750 ml everclear (a quality vodka will do if you can't find it)

- ☐ 6 servings cheesecloth
- ☐ 6 servings bottles

Equipment

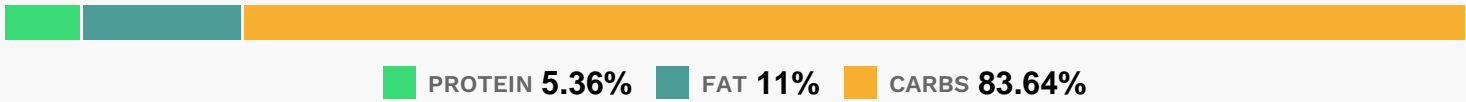
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ colander
- ☐ cheesecloth
- ☐ grater
- ☐ funnel
- ☐ zester

Directions

- ☐ Infuse Everclear with lemon zest for one week: Zest the lemons using a lemon zester or the fine groove side of a grater. (Save the zested lemons and use them for some of our great lemon recipes!)
- ☐ Place the zest and the Everclear in a container and allow to infuse in a dark, cool place for a week.
- ☐ After a week has passed strain the liquid through the cheesecloth into a very large glass, stainless steel, or ceramic bowl.
- ☐ Make limoncello base: In a large stockpot or sauce pan, warm the milk, sugar, and vanilla bean seeds and pod over medium heat and cook, stirring frequently, until dissolved.
- ☐ Remove from the heat and allow the mixture to cool to room temperature (this will take a few hours). Discard the vanilla bean (wash it and save it for another use) and strain the mixture through the cheesecloth.
- ☐ Combine limoncello base with zest infused Everclear, strain and bottle:
- ☐ Combine the Everclear infusion with the sweet milk and stir together. Pass through a colander lined with cheesecloth to catch any solids. Funnel into bottles and store in the freezer.
- ☐ Be sure to leave room in the bottles for the mixture to expand if it freezes to avoid an explosion. Use within six months.

Serve small amounts in chilled glasses.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:125.14, Inflammation Score:-7, Nutrition Score:18.577391259048%

Flavonoids

Eriodictyol: 38.45mg, Eriodictyol: 38.45mg, Eriodictyol: 38.45mg, Eriodictyol: 38.45mg Hesperetin: 50.22mg, Hesperetin: 50.22mg, Hesperetin: 50.22mg, Hesperetin: 50.22mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg, Luteolin: 3.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 890.8kcal (44.54%), Fat: 11.59g (17.83%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 198.13g (66.04%), Net Carbohydrates: 193.09g (70.22%), Sugar: 186.54g (207.27%), Cholesterol: 39.19mg (13.06%), Sodium: 129.37mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Vitamin C: 95.4mg (115.64%), Calcium: 450.17mg (45.02%), Phosphorus: 358.65mg (35.87%), Vitamin B2: 0.52mg (30.49%), Vitamin B12: 1.76µg (29.39%), Vitamin D: 3.59µg (23.95%), Potassium: 741.61mg (21.19%), Fiber: 5.04g (20.16%), Vitamin B6: 0.34mg (17.16%), Vitamin B1: 0.25mg (16.99%), Vitamin B5: 1.56mg (15.6%), Magnesium: 53.59mg (13.4%), Vitamin A: 568.67IU (11.37%), Selenium: 7.93µg (11.32%), Zinc: 1.46mg (9.76%), Iron: 1.16mg (6.46%), Folate: 19.8µg (4.95%), Copper: 0.08mg (4.08%), Manganese: 0.07mg (3.69%), Vitamin E: 0.43mg (2.89%), Vitamin B3: 0.52mg (2.61%)