



Double-Lemon Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 1.3 cups buttermilk
- ☐ 0.7 cup half-and-half light (cream)
- ☐ 2.5 ounces lemon grass or) fresh packed rinsed (2 stalks)
- ☐ 0.3 cup juice of lemon (see notes)
- ☐ 1.5 tablespoons lemon zest grated (see notes)
- ☐ 1 cup sugar

Equipment

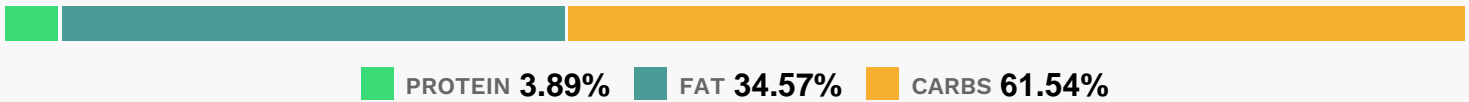
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Trim and discard root ends and tough tops from lemon grass; remove and discard tough outer layers. Coarsely chop tender inner stalks.
- ☐ In a 2- to 3-quart pan over high heat, bring 2/3 cup water to a boil. Stir in lemon grass, remove from heat, and let stand for 15 minutes. Press through a fine strainer set over a bowl, then return liquid to pan; discard lemon grass.
- ☐ Add sugar to lemon grass water and stir often over high heat just until dissolved, 2 to 3 minutes.
- ☐ Remove from heat and stir in lemon peel and juice. Nest pan in a bowl of ice water and stir often until mixture is cold, about 10 minutes. Stir in buttermilk and half-and-half.
- ☐ Pour mixture into an ice cream maker (1-qt. or larger capacity) and freeze according to manufacturer's directions until dasher is hard to turn or machine stops. Package airtight and freeze until firm enough to scoop, at least 2 hours or up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.64, Glycemic Load:18.06, Inflammation Score:-2, Nutrition Score:4.0839130308317%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 190.74kcal (9.54%), Fat: 7.63g (11.74%), Saturated Fat: 4.63g (28.91%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 30.42g (11.06%), Sugar: 27.23g (30.25%), Cholesterol: 26.51mg (8.84%), Sodium: 49.72mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Manganese: 0.47mg (23.34%), Vitamin C: 5.74mg (6.95%), Calcium: 67.87mg (6.79%), Vitamin B2: 0.11mg (6.64%), Phosphorus: 56.05mg (5.6%), Vitamin A: 269.46IU (5.39%), Potassium: 150.14mg (4.29%), Iron: 0.77mg (4.29%), Vitamin D: 0.64µg (4.26%), Vitamin B12:

0.22µg (3.73%), Folate: 11.62µg (2.91%), Magnesium: 11.49mg (2.87%), Zinc: 0.41mg (2.73%), Selenium: 1.81µg (2.59%),
Vitamin B5: 0.22mg (2.25%), Vitamin B1: 0.03mg (2.16%), Copper: 0.04mg (1.97%), Vitamin B6: 0.03mg (1.68%),
Vitamin E: 0.22mg (1.48%)