

Earl Grey Gelato



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



138 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 cups sugar
- ☐ 5 earl grey tea bags
- ☐ 3 cups water
- ☐ 1.5 cups milk whole

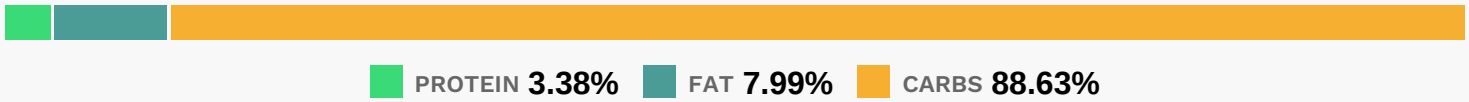
Equipment

- ☐ sauce pan

Directions

- ☐ Combine water and sugar in a large saucepan; bring to a boil, stirring until sugar dissolves.
- ☐ Remove from heat, and add tea bags. Cover and steep 5 minutes; discard tea bags. Stir in juice; cool completely. Stir in milk.
- ☐ Pour tea mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:21.59, Inflammation Score:-1, Nutrition Score:1.3660869685852%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 138.13kcal (6.91%), Fat: 1.27g (1.96%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 31.79g (11.56%), Sugar: 31.78g (35.31%), Cholesterol: 4.39mg (1.46%), Sodium: 17.8mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Calcium: 47.63mg (4.76%), Phosphorus: 37.21mg (3.72%), Vitamin B2: 0.06mg (3.34%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.4µg (2.68%), Potassium: 58.78mg (1.68%), Vitamin B5: 0.14mg (1.41%), Vitamin B1: 0.02mg (1.41%), Vitamin C: 1.16mg (1.41%), Magnesium: 5.3mg (1.32%), Selenium: 0.88µg (1.25%), Vitamin A: 59.47IU (1.19%), Vitamin B6: 0.02mg (1.19%), Zinc: 0.16mg (1.08%)