



Easy Lemon Ice Cream with Gingersnap Cookies

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

Ingredients

- ☐ 16 gingersnap cookies
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 4 cups whipped cream low-fat softened

Equipment

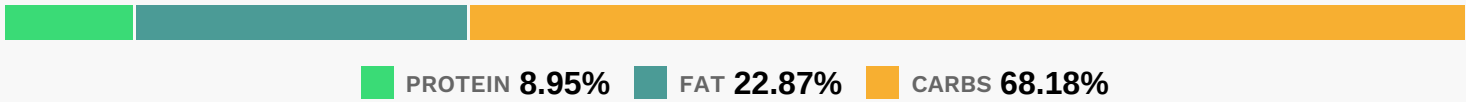
Directions

- ☐ Combine ice cream, lemon rind, and lemon juice; cover and freeze until firm.

☐

Serve with Gingersnap Cookies.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:7.99, Inflammation Score:-3, Nutrition Score:5.1813043200451%

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: 197.63kcal (9.88%), Fat: 5.07g (7.8%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 33.36g (12.13%), Sugar: 19.87g (22.08%), Cholesterol: 20.52mg (6.84%), Sodium: 134.09mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Vitamin B2: 0.24mg (13.94%), Calcium: 134.76mg (13.48%), Manganese: 0.22mg (11.14%), Phosphorus: 90.8mg (9.08%), Vitamin C: 5.81mg (7.05%), Vitamin A: 341.74IU (6.83%), Potassium: 218.19mg (6.23%), Vitamin B12: 0.36µg (5.95%), Iron: 1.05mg (5.86%), Vitamin B1: 0.07mg (4.74%), Folate: 18.87µg (4.72%), Magnesium: 18.22mg (4.56%), Vitamin B5: 0.43mg (4.34%), Zinc: 0.64mg (4.26%), Selenium: 2.25µg (3.21%), Copper: 0.06mg (2.9%), Vitamin B3: 0.57mg (2.85%), Vitamin B6: 0.05mg (2.69%), Fiber: 0.65g (2.58%), Vitamin E: 0.24mg (1.63%)