



Fresh Lime Ice Cream



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



775 kcal

DESSERT

Ingredients



6 cups half-and-half



0.8 cup juice of lime fresh 6 limes



1 tablespoon lime rind grated



0.1 teaspoon salt



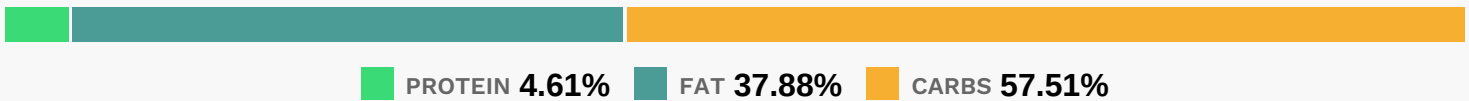
2.5 cups sugar

Equipment

Directions

- ☐ Combine all ingredients; pour into the freezer container of a 5-quart electric freezer, and freeze according to manufacturer's instructions.
- ☐ Pack freezer with additional ice and rock salt, and let stand 1 hour before serving.
- ☐ Lemon Ice Cream: Substitute lemon rind and fresh lemon juice for lime rind and juice.
- ☐ Orange Ice Cream: Substitute orange rind and fresh orange juice for lime rind and juice.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:69.84, Inflammation Score:-6, Nutrition Score:9.8252174465553%

Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 774.86kcal (38.74%), Fat: 33.74g (51.91%), Saturated Fat: 20.42g (127.61%), Carbohydrates: 115.27g (38.42%), Net Carbohydrates: 115.09g (41.85%), Sugar: 112.43g (124.92%), Cholesterol: 101.64mg (33.88%), Sodium: 237.03mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Vitamin B2: 0.59mg (34.59%), Calcium: 317.24mg (31.72%), Phosphorus: 281.18mg (28.12%), Vitamin A: 1046.77IU (20.94%), Vitamin C: 13.85mg (16.79%), Selenium: 9.93µg (14.19%), Potassium: 429.04mg (12.26%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.89mg (8.87%), Magnesium: 32.02mg (8%), Vitamin B6: 0.16mg (7.98%), Zinc: 1.17mg (7.82%), Vitamin B1: 0.1mg (6.44%), Vitamin E: 0.81mg (5.39%), Vitamin K: 4µg (3.81%), Folate: 12.44µg (3.11%), Copper: 0.04mg (2.19%), Vitamin B3: 0.37mg (1.85%), Iron: 0.24mg (1.31%)