



## Frozen Lemon Gingersnap Pie

READY IN



45 min.

SERVINGS



10

CALORIES



352 kcal

DESSERT

### Ingredients

- 6 large egg yolk
- 6 ounces gingersnaps crushed finely
- 1.5 cups cup heavy whipping cream
- 1 slices optional: lemon
- 0.7 cup juice of lemon fresh
- 4 teaspoons lemon zest fresh finely grated
- 0.1 teaspoon salt
- 0.8 cup sugar
- 5 tablespoons butter unsalted melted

- 1 cup milk whole

## Equipment

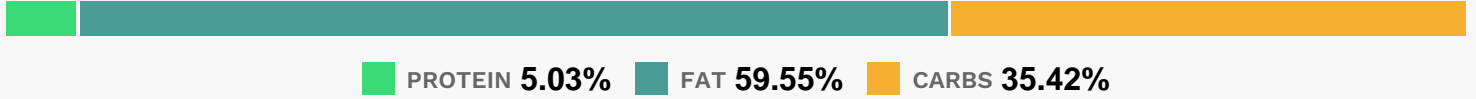
- bowl
- sauce pan
- baking paper
- oven
- whisk
- sieve
- plastic wrap
- wooden spoon
- kitchen thermometer
- wax paper
- ice cream machine

## Directions

- Preheat oven to 350°F.
- Toss together all crust ingredients with a fork until crumbs are moistened. Press evenly onto bottom and up side of a 10-inch glass or ceramic pie plate (6-cup capacity).
- Bake crust in middle of oven 7 minutes, then cool on a rack.
- Bring cream, milk, sugar, zest, and salt to a boil in a 2-quart heavy saucepan, stirring until sugar is dissolved.
- Whisk yolks in a bowl until blended, then add hot cream mixture in a slow stream, whisking.
- Transfer custard back to saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 175 to 180°F on thermometer, 3 to 5 minutes (do not let boil).
- Immediately pour through a fine-mesh sieve into cleaned bowl, then stir in lemon juice. Cool custard to room temperature, stirring occasionally, then chill, its surface covered with a round of wax paper, until cold, about 3 hours. Freeze custard in ice cream maker.

- Spread ice cream evenly in crust and wrap pie plate in wax or parchment paper, then in plastic wrap. Freeze until firm, at least 2 hours.
- About 20 minutes before serving, put pie in refrigerator to soften.
- Ice cream can be made 2 days ahead of assembling pie. Soften in refrigerator about 30 minutes before spreading in crust. Assembled pie can be frozen up to 3 days.

## Nutrition Facts



### Properties

Glycemic Index:13.36, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:7.0504347241443%

### Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 351.72kcal (17.59%), Fat: 23.81g (36.63%), Saturated Fat: 13.66g (85.37%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 31.33g (11.39%), Sugar: 21.09g (23.44%), Cholesterol: 168.48mg (56.16%), Sodium: 148.42mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Vitamin A: 888.2IU (17.76%), Manganese: 0.27mg (13.73%), Vitamin B2: 0.21mg (12.53%), Selenium: 8.3µg (11.86%), Phosphorus: 102.44mg (10.24%), Vitamin D: 1.5µg (9.97%), Vitamin C: 7.91mg (9.59%), Folate: 34.76µg (8.69%), Calcium: 83.91mg (8.39%), Iron: 1.44mg (7.98%), Vitamin B12: 0.4µg (6.66%), Vitamin E: 0.96mg (6.39%), Vitamin B5: 0.58mg (5.85%), Vitamin B1: 0.08mg (5.19%), Potassium: 161.47mg (4.61%), Vitamin B6: 0.09mg (4.47%), Magnesium: 15.56mg (3.89%), Zinc: 0.53mg (3.55%), Copper: 0.07mg (3.48%), Vitamin B3: 0.62mg (3.12%), Fiber: 0.53g (2.11%), Vitamin K: 2.2µg (2.1%)