



Frozen Watermelon-Lime Bars

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 tablespoon tequila
- ☐ 2.5 pounds watermelon

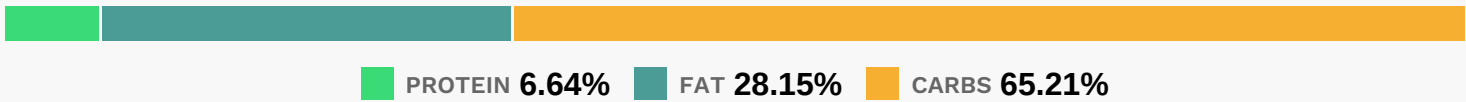
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Line a 9-inch square baking pan (2 inches deep) with plastic wrap or parchment paper, leaving a 2-inch overhang. Put lined pan in freezer.
- ☐ Coarsely chop watermelon flesh (leave seeds in), then purée enough to yield 2 1/2 cups in a blender.
- ☐ Add sugar, juice, and tequila to purée and blend 30 seconds.
- ☐ Freeze sorbet in ice cream maker.
- ☐ Transfer to lined baking pan, smoothing top. Put in freezer to harden, at least 1 hour.
- ☐ Whisk together condensed milk, zest, and juice. Beat cream until it just holds stiff peaks, then gently fold into condensed-milk mixture.
- ☐ Spread over sorbet, smoothing top. Freeze until solid, at least 2 hours.
- ☐ To serve, lift dessert from pan using plastic wrap.
- ☐ Cut into 12 bars and serve on chilled plates.
- ☐ Dessert can be frozen (covered once completely frozen) up to 3 days.
- ☐ Cut into bars just before serving.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:43.68, Inflammation Score:-8, Nutrition Score:9.9404347253882%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 411.55kcal (20.58%), Fat: 13.27g (20.41%), Saturated Fat: 8.23g (51.41%), Carbohydrates: 69.15g (23.05%), Net Carbohydrates: 68.3g (24.84%), Sugar: 65.26g (72.51%), Cholesterol: 44.9mg (14.97%), Sodium: 91.86mg (3.99%), Alcohol: 0.83g (100%), Alcohol %: 0.34% (100%), Protein: 7.04g (14.07%), Vitamin A: 1553.81IU (31.08%), Vitamin C: 23.29mg (28.24%), Calcium: 217.28mg (21.73%), Vitamin B2: 0.36mg (21.09%), Phosphorus: 202.63mg (20.26%), Selenium: 11.26µg (16.09%), Potassium: 500.25mg (14.29%), Vitamin B5: 0.99mg (9.9%), Magnesium: 39.12mg (9.78%), Vitamin B1: 0.13mg (8.74%), Vitamin B6: 0.13mg (6.68%), Zinc: 0.88mg (5.85%), Vitamin B12: 0.32µg (5.38%), Copper: 0.1mg (4.94%), Manganese: 0.08mg (4.04%), Folate: 15.78µg (3.95%), Iron: 0.63mg (3.49%), Fiber: 0.85g (3.38%), Vitamin D: 0.45µg (3%), Vitamin E: 0.43mg (2.85%), Vitamin B3: 0.52mg (2.59%), Vitamin K: 1.34µg (1.28%)