



Green Tea Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



128 kcal

DESSERT

Ingredients

- 4 teaspoons juice of lemon fresh
- 0.8 cup sugar
- 2 tablespoons loose gunpowder tea green chinese (3 tea bags)
- 1.5 cups water
- 1.3 cups milk whole

Equipment

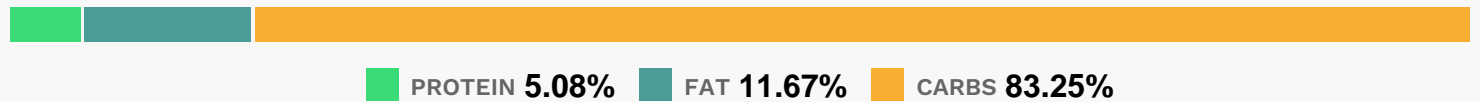
- bowl
- sauce pan

sieve

Directions

- Combine water and sugar in a small saucepan; bring to a boil, stirring until sugar dissolves.
- Add tea; cover and steep 5 minutes. Strain tea mixture through a fine sieve into a bowl; discard tea leaves. Stir in lemon juice; chill completely.
- Stir in milk.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the ice cream into a freezer-safe container; cover and freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:18.35, Inflammation Score:-1, Nutrition Score:1.8547826101599%

Flavonoids

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Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 1.71g (2.64%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 27.51g (10%), Sugar: 27.48g (30.53%), Cholesterol: 6.1mg (2.03%), Sodium: 22.71mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Calcium: 64.75mg (6.47%), Phosphorus: 51.66mg

(5.17%), Vitamin B12: 0.27µg (4.57%), Vitamin B2: 0.08mg (4.48%), Vitamin D: 0.56µg (3.73%), Potassium: 82.01mg (2.34%), Vitamin B5: 0.19mg (1.95%), Vitamin B1: 0.03mg (1.95%), Magnesium: 7.04mg (1.76%), Vitamin A: 82.55IU (1.65%), Vitamin B6: 0.03mg (1.63%), Selenium: 1.12µg (1.6%), Vitamin C: 1.29mg (1.56%), Zinc: 0.22mg (1.46%)