



Honey-Lavender Ricotta Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 2 pounds ricotta cheese fresh
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon culinary lavender buds dried
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

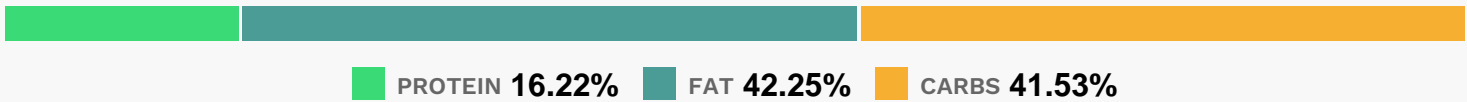
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine sugar and 1 cup water in a small saucepan; bring to a boil. Cook 45 seconds or until sugar dissolves.
- ☐ Remove from heat; stir in lavender.
- ☐ Let stand 30 minutes. Strain mixture through a fine mesh sieve into a small bowl; discard solids. Cover and chill 1 hour.
- ☐ Combine fresh ricotta cheese, honey, and salt in a food processor; process until smooth. With processor on, slowly add lavender syrup through the food chute.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:13.76, Inflammation Score:-2, Nutrition Score:3.7556521833429%

Nutrients (% of daily need)

Calories: 206.55kcal (10.33%), Fat: 9.87g (15.18%), Saturated Fat: 6.27g (39.19%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 21.82g (7.93%), Sugar: 19.71g (21.9%), Cholesterol: 38.56mg (12.85%), Sodium: 113.24mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.05%), Selenium: 11.09µg (15.84%), Calcium: 158.4mg (15.84%), Phosphorus: 119.59mg (11.96%), Vitamin B2: 0.15mg (8.94%), Vitamin A: 337.66IU (6.75%), Zinc: 0.89mg (5.92%), Vitamin B12: 0.26µg (4.28%), Potassium: 81.54mg (2.33%), Folate: 9.14µg (2.29%), Magnesium: 8.58mg (2.15%), Iron: 0.32mg (1.77%), Vitamin B6: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.63%), Copper: 0.02mg (1.07%), Vitamin D: 0.15µg (1.01%)