



## Key Lime Pie Ice Cream

 Vegetarian

READY IN



560 min.

SERVINGS



20

CALORIES



44 kcal

DESSERT

## Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 0.5 cup graham crackers crushed
- ☐ 1 cup half and half
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.1 teaspoon salt

☐ 0.5 cup artificial sweetener for ice cream\*

## Equipment


- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap

## Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and half-and-half. Cook over medium heat, stirring constantly, 8 to 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, discarding solids. Cool 1 hour, stirring occasionally.
- ☐ Place plastic wrap directly on cream mixture; chill 8 to 24 hours.
- ☐ Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions; stir in Key lime zest, Key lime juice, and crushed graham crackers halfway through freezing.
- ☐ Let stand at room temperature 5 to 10 minutes before serving.
- ☐ \*Granulated sugar may be substituted.
- ☐ Note: We tested with Whey Low 100% All Natural Granular Sweetener for Ice Cream. Get 20% off any time you order from wheylow.com. Coupon code: Southrn
- ☐ Lvg

## Nutrition Facts



 PROTEIN **9.27%**  FAT **32.83%**  CARBS **57.9%**

Properties

Glycemic Index:5.3, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.4982608738153%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 44.18kcal (2.21%), Fat: 2.33g (3.58%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 5.57g (2.02%), Sugar: 3.47g (3.86%), Cholesterol: 15.84mg (5.28%), Sodium: 48.42mg (2.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin B2: 0.08mg (4.58%), Calcium: 44.83mg (4.48%), Phosphorus: 41.95mg (4.19%), Vitamin B12: 0.17µg (2.76%), Selenium: 1.51µg (2.15%), Vitamin C: 1.4mg (1.69%), Potassium: 58.82mg (1.68%), Vitamin A: 81.95IU (1.64%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.53mg (1.38%), Vitamin B1: 0.02mg (1.37%), Vitamin B6: 0.02mg (1.1%), Folate: 4.3µg (1.08%)