



Key Lime Pie Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

Ingredients

- ☐ 6 graham crackers divided crushed ()
- ☐ 0.5 cup bottled key lime juice (such as Nellie and Joe's)
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 1 Dash salt
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 0.5 cup whipping cream

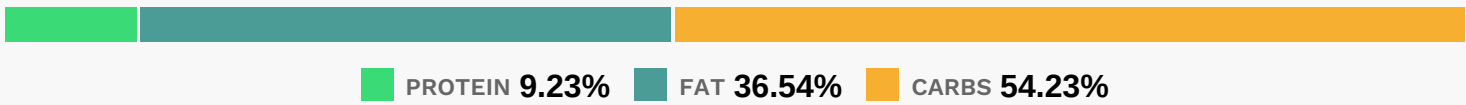
Equipment

- ☐ whisk

Directions

- ☐ Combine first 5 ingredients, stirring with a whisk.
- ☐ Pour mixture into freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Stir 1/3 cup graham crackers into ice cream. Spoon ice cream into a freezer-safe container, and cover and freeze for 1 hour or until firm.
- ☐ Sprinkle each serving with 1 teaspoon graham crackers.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:29.49, Inflammation Score:-4, Nutrition Score:8.7952173093091%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 373.67kcal (18.68%), Fat: 15.5g (23.84%), Saturated Fat: 9.15g (57.22%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 51.19g (18.61%), Sugar: 43.11g (47.9%), Cholesterol: 49.62mg (16.54%), Sodium: 216.22mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Calcium: 285.64mg (28.56%), Vitamin B2: 0.46mg (26.96%), Phosphorus: 264.24mg (26.42%), Selenium: 11.88µg (16.97%), Potassium: 395.23mg (11.29%), Vitamin A: 538.43IU (10.77%), Vitamin B12: 0.64µg (10.59%), Vitamin C: 8.01mg (9.71%), Magnesium: 34.95mg (8.74%), Zinc: 1.24mg (8.27%), Vitamin B1: 0.12mg (8.23%), Vitamin B5: 0.78mg (7.82%), Folate: 19.48µg (4.87%), Vitamin B6: 0.08mg (4.24%), Iron: 0.75mg (4.19%), Vitamin B3: 0.76mg (3.82%), Vitamin D: 0.45µg (3%), Vitamin E: 0.35mg (2.34%), Fiber: 0.56g (2.23%), Copper: 0.03mg (1.26%), Vitamin K: 1.27µg (1.21%)