



## Key Lime with Graham Cracker Gelato

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



149 kcal

SIDE DISH

### Ingredients

- 0.8 cup graham crackers frozen crushed (see Note)
- 3 tablespoons juice of lime fresh
- 2 teaspoons lime zest grated


### Equipment

- food processor
- whisk
- rolling pin
- ice cream machine

## Directions

- Make the Plain Base and chill as directed.
- Gently whisk the lime juice and zest into the base.
- Pour the mixture into the container of an ice cream machine and churn according to the manufacturer's instructions. Just after churning quickly stir in the graham cracker crumbs.
- Transfer to an airtight container and freeze for at least 2 hours before serving.
- NOTE
- To crush graham crackers, place about 5 graham crackers in a large zip-top bag.
- Place on a work surface and roll over them with a rolling pin, heavy jar, or wine bottle. Alternatively, break them up a bit by hand, then process in a food processor into crumbs.
- Reprinted from the book THE CIAO BELLA BOOK OF GELATO AND SORBETTO by F.W. PEARCE & DANILO ZECCHIN. Copyright © 2010 by F.W. PEARCE & DANILO ZECCHIN. Photographs copyright © 2010 by IAIN BAGWELL. Published by Clarkson Potter, a division of Random House, Inc.

## Nutrition Facts

 **PROTEIN 6.51%**  **FAT 20.14%**  **CARBS 73.35%**

## Properties

Glycemic Index:53, Glycemic Load:18.23, Inflammation Score:-2, Nutrition Score:3.0704348064635%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 149.32kcal (7.47%), Fat: 3.39g (5.22%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 26.53g (9.65%), Sugar: 8.18g (9.09%), Cholesterol: 0mg (0%), Sodium: 222.9mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin C: 7.33mg (8.89%), Iron: 1.43mg (7.92%), Phosphorus: 71.68mg (7.17%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.08mg (5.55%), Magnesium: 21.83mg (5.46%), Fiber: 1.29g (5.17%), Vitamin B2: 0.08mg (4.99%), Zinc: 0.68mg (4.5%), Folate: 17.93µg (4.48%), Calcium: 30.47mg (3.05%), Potassium: 88.1mg (2.52%), Vitamin B6: 0.04mg (2.16%)