



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

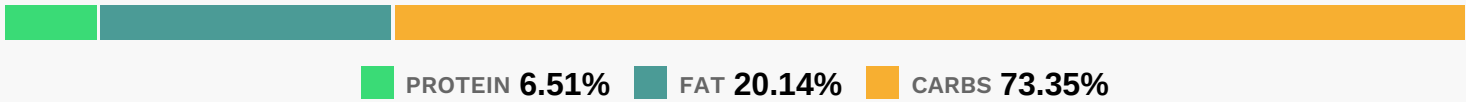
Equipment

- ☐ 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.
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Nutrition Facts



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%)