

Key Lime with Graham Cracker Gelato



Ingredients

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

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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, 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: Omg (0%), Sodium: 222.9mg (9.69%), Alcohol: Og (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%)