



## Lemon-Buttermilk Ice Cream



Vegetarian



Gluten Free

READY IN



99 min.

SERVINGS



18

CALORIES



129 kcal

DESSERT

### Ingredients

- ☐ 2 cups buttermilk fat-free
- ☐ 2 cups half-and-half
- ☐ 1 cup juice of lemon fresh ( 10 lemons)
- ☐ 1.5 cups sugar
- ☐ 2 cups milk whole

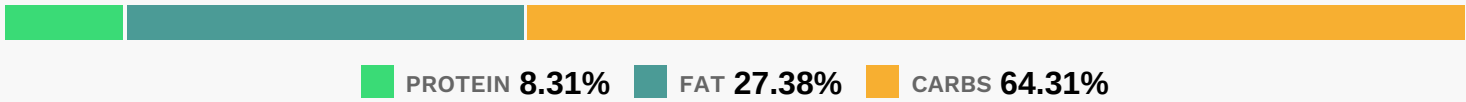
### Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Combine sugar and juice in a large bowl, stirring with a whisk until sugar dissolves.
- ☐ Add half-and-half, whole milk, and buttermilk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Cover and freeze 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:6.01, Glycemic Load:12.12, Inflammation Score:-1, Nutrition Score:2.1443478400293%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 128.63kcal (6.43%), Fat: 4.05g (6.22%), Saturated Fat: 2.4g (15%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 21.34g (7.76%), Sugar: 20.7g (23%), Cholesterol: 13.19mg (4.4%), Sodium: 51.19mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin C: 5.8mg (7.03%), Calcium: 66.52mg (6.65%), Vitamin B2: 0.09mg (5.58%), Phosphorus: 54.01mg (5.4%), Vitamin B12: 0.2µg (3.29%), Vitamin A: 139.92IU (2.8%), Potassium: 90.46mg (2.58%), Selenium: 1.49µg (2.13%), Vitamin D: 0.3µg (1.99%), Vitamin B5: 0.2mg (1.97%), Vitamin B6: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.77%), Magnesium: 6.76mg (1.69%), Zinc: 0.22mg (1.5%)