



Lemon Chill With Raspberry Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 12 servings garnish: mint sprigs fresh
- ☐ 20 oz raspberries in syrup frozen thawed
- ☐ 0.5 cup condensed milk sweetened
- ☐ 2 cups whipping cream

Equipment

- ☐ food processor

- ☐ bowl
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Process raspberries in a blender or food processor until smooth, stopping to scrape down sides. Press mixture through a wire-mesh strainer into a bowl, using the back of a spoon to squeeze out juice. Discard pulp and seeds. Cover sauce, and chill until ready to serve.
- ☐ Place 12 foil baking cups in muffin pans; discard paper liners in cups.
- ☐ Beat whipping cream at medium-high speed with an electric mixer until soft peaks form. Reduce speed to medium-low, and gradually add lemonade concentrate, sweetened condensed milk, and lemon juice, beating until blended. Increase speed to medium-high, and beat until stiff peaks form. Spoon into 12 foil baking cups in muffin pans by heaping 1/3 cupfuls. Freeze at least 1 hour or until whipped cream mixture is firm.
- ☐ Place on serving plates, and let stand at room temperature 10 to 15 minutes or until slightly softened.
- ☐ Serve with Raspberry Sauce.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Minute Maid Frozen Concentrate for Lemonade. To make ahead, freeze as directed for 1 hour; cover whipped cream mixture in pans or lemon cups with plastic wrap. Wrap pans or lemon cups securely with heavy-duty aluminum foil. Freeze pans up to 4 days and lemon cups up to 1 day.
- ☐ Cut stem end off each lemon (top one-third of lemon). Save tops to garnish plates, if desired.
- ☐ Cut a small slice off bottoms of lemons to allow them to stand upright. Run a grapefruit knife around lemon between the peel and pulp, loosening pulp. Scoop out pulp with a spoon.
- ☐ Remove excess juice from inside shells by scraping against the sides with a spoon.

Nutrition Facts



 **PROTEIN 3.51%**  **FAT 36.64%**  **CARBS 59.85%**

Properties

Glycemic Index:5.08, Glycemic Load:4.23, Inflammation Score:-4, Nutrition Score:3.3504347930784%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 356.68kcal (17.83%), Fat: 15.65g (24.07%), Saturated Fat: 9.83g (61.46%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 57.31g (20.84%), Sugar: 48.93g (54.36%), Cholesterol: 49.16mg (16.39%), Sodium: 62.78mg (2.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin A: 659.85IU (13.2%), Calcium: 98.53mg (9.85%), Vitamin B2: 0.13mg (7.7%), Vitamin C: 6.05mg (7.34%), Phosphorus: 58.28mg (5.83%), Selenium: 3.19µg (4.56%), Vitamin D: 0.66µg (4.4%), Potassium: 114.95mg (3.28%), Vitamin E: 0.42mg (2.78%), Vitamin B5: 0.24mg (2.38%), Magnesium: 9.1mg (2.28%), Vitamin B12: 0.12µg (1.99%), Vitamin B1: 0.03mg (1.79%), Folate: 6.86µg (1.72%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.45%), Vitamin K: 1.4µg (1.34%)