



Lemon-Ginger Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



144 kcal

DESSERT

Ingredients

- 2 tablespoons light-colored corn syrup
- 32 ounce cartons cream fat-free sour
- 16 ounce cartons lemon yogurt low-fat
- 1.5 teaspoons lemon rind grated
- 0.8 cup brown sugar light packed
- 0.1 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

food processor

bowl

Directions

- Combine first 8 ingredients in a food processor. Process until smooth; scrape sides of bowl occasionally.
- 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.
- Garnish with lemon rind strips, if desired.
- Note: Crystallized ginger can be found with the spices in the supermarket. If you're not a fan of ginger, omit it. We tested the recipe without the ginger and got a nice lemon taste.

Nutrition Facts

 **PROTEIN 7.99%**  **FAT 0.79%**  **CARBS 91.22%**

Properties

Glycemic Index:4.05, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:4.5382609173008%

Flavonoids

Eriodictyol: 8.81mg, Eriodictyol: 8.81mg, Eriodictyol: 8.81mg, Eriodictyol: 8.81mg Hesperetin: 11.5mg, Hesperetin: 11.5mg, Hesperetin: 11.5mg, Hesperetin: 11.5mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 143.53kcal (7.18%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 33.45g (12.16%), Sugar: 19.08g (21.2%), Cholesterol: 7.42mg (2.47%), Sodium: 150.3mg (6.53%), Alcohol: 0.25g (100%), Alcohol %: 0.22% (100%), Protein: 3.03g (6.07%), Vitamin C: 22.21mg (26.92%), Calcium: 127.24mg (12.72%), Phosphorus: 85.62mg (8.56%), Vitamin B2: 0.13mg (7.82%), Selenium: 4.75µg (6.78%), Potassium: 184.8mg (5.28%), Fiber: 1.18g (4.73%), Vitamin A: 219.51IU (4.39%), Vitamin B12: 0.25µg (4.12%), Vitamin B1: 0.05mg (3.47%), Folate: 13.79µg (3.45%), Magnesium: 13.06mg (3.27%), Zinc: 0.46mg (3.07%), Vitamin B6: 0.06mg (2.81%), Iron: 0.36mg (1.98%), Copper: 0.04mg (1.81%), Manganese: 0.02mg (1.19%)