



Lemon-Graham Icebox Cake

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



242 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 3 large egg yolks
- 12 graham crackers
- 0.5 cup heavy cream
- 0.5 cup juice of lemon (from 3 lemons)
- 2 teaspoons lemon zest finely grated
- 0.1 teaspoon salt
- 0.5 cup sugar

1.3 cups milk whole

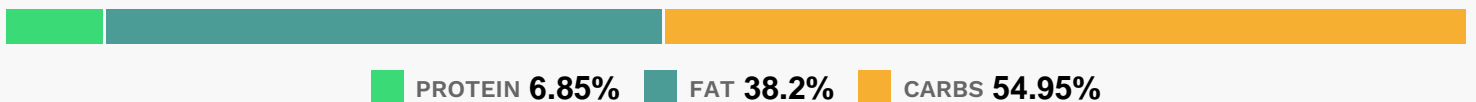
Equipment

- bowl
- sauce pan
- whisk
- sieve
- baking pan

Directions

- In a small saucepan, whisk together yolks, 1/2 cup sugar, cornstarch, lemon zest and salt. Gradually whisk in milk until smooth. Cook over medium-low heat, whisking constantly, until mixture thickens, about 5 minutes.
- Remove from heat and whisk in lemon juice. Strain mixture through a fine-mesh sieve into a clean bowl. Cover with plastic (pressing directly onto surface of custard to prevent a skin from forming) and refrigerate until cool, about 30 minutes.
- Line bottom of an 8-inch baking dish with 6 graham crackers (break into pieces to fill space, if necessary). Spoon 1/2 of pudding over graham crackers, spreading into an even layer. Repeat with remaining 6 graham crackers and rest of pudding. Cover; refrigerate for at least 30 minutes, or up to overnight.
- Just before serving, whip cream with remaining 1 tsp. sugar until it holds stiff peaks.
- Spread whipped cream in a thin layer over top of cake.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:20.72, Inflammation Score:-3, Nutrition Score:5.0417391295018%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 242.35kcal (12.12%), Fat: 10.46g (16.09%), Saturated Fat: 5.07g (31.71%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 33.01g (12%), Sugar: 20.01g (22.24%), Cholesterol: 90.23mg (30.08%), Sodium: 196.78mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Phosphorus: 115.96mg (11.6%), Vitamin B2: 0.17mg (9.98%), Calcium: 83.3mg (8.33%), Vitamin C: 6.64mg (8.04%), Vitamin A: 373.52IU (7.47%), Selenium: 4.89µg (6.99%), Vitamin D: 1µg (6.68%), Iron: 1.09mg (6.05%), Vitamin B12: 0.35µg (5.9%), Vitamin B1: 0.09mg (5.83%), Folate: 22.68µg (5.67%), Zinc: 0.76mg (5.05%), Magnesium: 19.38mg (4.84%), Vitamin B3: 0.86mg (4.3%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.39mg (3.92%), Potassium: 132.26mg (3.78%), Fiber: 0.83g (3.32%), Vitamin E: 0.34mg (2.3%)