



Lemon Ice Cream



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



774 kcal

DESSERT

Ingredients

- ☐ 6 cups half and half
- ☐ 0.8 cup juice of lemon
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups sugar

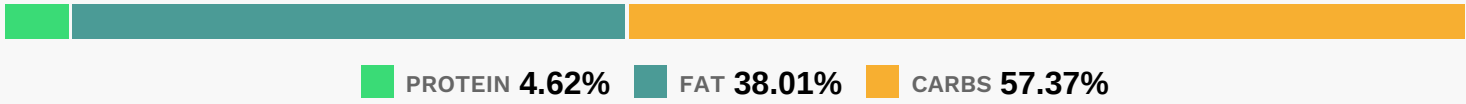
Equipment

Directions

- ☐
- Combine all ingredients; pour into the freezer container of a 5-quart electric freezer, and freeze according to manufacturer's instructions.

☐

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:69.81, Inflammation Score:-6, Nutrition Score:10.048260792442%

Flavonoids

Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg, Eriodictyol: 1.79mg Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg, Hesperetin: 5.3mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 774.04kcal (38.7%), Fat: 33.81g (52.01%), Saturated Fat: 20.43g (127.69%), Carbohydrates: 114.8g (38.27%), Net Carbohydrates: 114.57g (41.66%), Sugar: 112.77g (125.3%), Cholesterol: 101.64mg (33.88%), Sodium: 236.72mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.47%), Vitamin B2: 0.59mg (34.64%), Calcium: 315.57mg (31.56%), Phosphorus: 278.95mg (27.9%), Vitamin C: 18.33mg (22.21%), Vitamin A: 1030.81IU (20.62%), Selenium: 9.94µg (14.2%), Potassium: 424.96mg (12.14%), Vitamin B12: 0.55µg (9.2%), Vitamin B5: 0.89mg (8.91%), Vitamin B6: 0.16mg (8.2%), Magnesium: 31.42mg (7.85%), Zinc: 1.16mg (7.76%), Vitamin B1: 0.1mg (6.44%), Vitamin E: 0.78mg (5.23%), Folate: 16.19µg (4.05%), Vitamin K: 3.78µg (3.6%), Copper: 0.04mg (2.01%), Vitamin B3: 0.35mg (1.77%), Iron: 0.23mg (1.3%)