

Lemon Ice I



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 1 juice of lemon juiced
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- ☐ 4 cups milk
- ☐ 2 cups sugar white

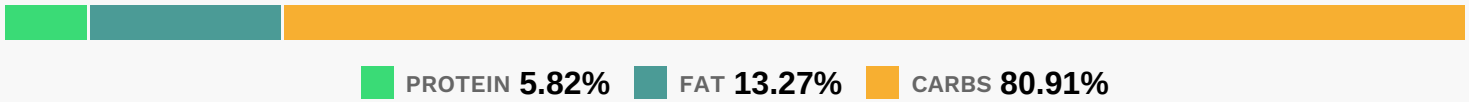
Equipment

- ☐ bowl
- ☐ ice cream machine

Directions

- ☐ In a medium bowl, stir together lemon juice and zest with sugar until smooth. Stir in milk.
- ☐ Pour into a 9x9 inch dish and place in freezer, stirring once when it begins to harden, until firm, 2 hours. Or pour into the freezer canister of an ice cream maker and freeze according to manufacturers' directions.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:29.66, Inflammation Score:-1, Nutrition Score:3.4034782405133%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 3.27g (5.02%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 44.79g (16.29%), Sugar: 44.77g (49.74%), Cholesterol: 11.71mg (3.9%), Sodium: 37.55mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Calcium: 120.81mg (12.08%), Phosphorus: 99.06mg (9.91%), Vitamin B12: 0.53µg (8.78%), Vitamin B2: 0.14mg (8.42%), Vitamin D: 1.07µg (7.16%), Potassium: 153.38mg (4.38%), Vitamin B1: 0.06mg (3.74%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 158.47IU (3.17%), Vitamin B6: 0.06mg (3.11%), Magnesium: 12.07mg (3.02%), Selenium: 2.1µg (3%), Vitamin C: 2.32mg (2.81%), Zinc: 0.41mg (2.71%)