



## Lemon Ice II

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

## Ingredients

- 14 ounce nonfat condensed milk sweetened chilled canned
- 1 juice of lemon juiced
- 1 lemon zest juiced
- 2 cups milk chilled cold

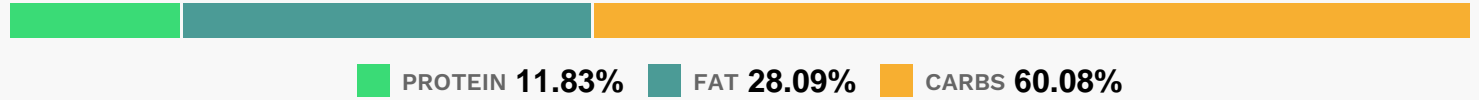
## Equipment

- ice cream machine

## Directions

In the freezer canister of an ice cream maker, combine lemon zest, lemon juice, milk and sweetened condensed milk. Freeze according to manufacturers' directions.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:23.39, Inflammation Score:-3, Nutrition Score:7.6052173103975%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 262.71kcal (13.14%), Fat: 8.37g (12.88%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 40.17g (14.61%), Sugar: 40.06g (44.52%), Cholesterol: 32.25mg (10.75%), Sodium: 115.03mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Calcium: 289.54mg (28.95%), Phosphorus: 250.02mg (25%), Vitamin B2: 0.39mg (22.88%), Selenium: 11.35µg (16.21%), Vitamin B12: 0.73µg (12.17%), Potassium: 374.16mg (10.69%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.11mg (7.13%), Vitamin D: 1.03µg (6.85%), Magnesium: 27.41mg (6.85%), Zinc: 0.96mg (6.4%), Vitamin A: 309.18IU (6.18%), Vitamin C: 4.94mg (5.99%), Vitamin B6: 0.09mg (4.37%), Folate: 8.41µg (2.1%), Vitamin B3: 0.23mg (1.16%), Vitamin E: 0.16mg (1.04%)