



## Lemon Ice with Crystallized Ginger



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

### Ingredients

- 2 tablespoons crystallized ginger finely chopped
- 0.5 teaspoon gelatin powder unflavored
- 1 cup juice of lemon fresh ( 5 large lemons)
- 1.3 cups sugar
- 2 tablespoons water
- 2.3 cups water

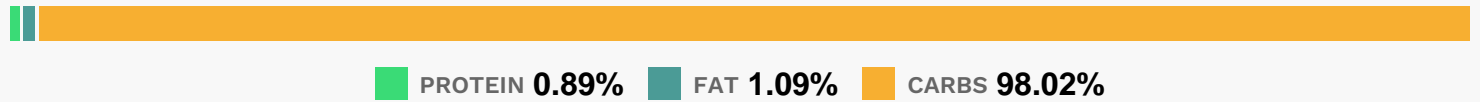
### Equipment

- sauce pan

## Directions

- Combine sugar and 2 1/4 cups water in a saucepan; bring to a boil. Cook 5 minutes without stirring.
- Remove from heat; stir in juice.
- Sprinkle gelatin over 2 tablespoons water in a small saucepan; let stand for 1 minute. Cook over low heat, stirring until gelatin dissolves.
- Remove from heat; cool slightly. Stir gelatin mixture and ginger into sugar syrup.
- Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze at least 8 hours.

## Nutrition Facts



## Properties

Glycemic Index:8.76, Glycemic Load:21.82, Inflammation Score:-1, Nutrition Score:1.0221739304454%

## Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 135.89kcal (6.79%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 35.11g (12.77%), Sugar: 33.85g (37.61%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 11.8mg (14.31%), Folate: 6.18µg (1.54%), Copper: 0.02mg (1.19%)