



## Lemon Icebox Pie Ice Cream

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



114 kcal

### Ingredients

- 0.8 cup graham crackers crushed
- 2 cups half and half
- 3 optional: lemon
- 14 oz condensed milk sweetened canned

### Equipment

- whisk
- measuring cup

## Directions

- Grate zest from lemons to equal 1 Tbsp.
- Cut lemons in half; squeeze juice from lemons into a measuring cup to equal 1/2 cup.
- Whisk together half-and-half, sweetened condensed milk, and lemon juice.
- Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.) Stir in graham cracker crumbs and lemon zest; transfer to an airtight container. Freeze 2 hours before serving.

## Nutrition Facts

 **PROTEIN 9.24%**  **FAT 37.12%**  **CARBS 53.64%**

## Properties

Glycemic Index:8.02, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:3.131304319786%

## Flavonoids

Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg, Eriodictyol: 3.46mg Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg, Hesperetin: 4.52mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 114.41kcal (5.72%), Fat: 4.9g (7.53%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 15.35g (5.58%), Sugar: 12.98g (14.42%), Cholesterol: 15.22mg (5.07%), Sodium: 62.53mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin C: 9.32mg (11.3%), Calcium: 89.13mg (8.91%), Vitamin B2: 0.14mg (8.28%), Phosphorus: 82.61mg (8.26%), Selenium: 3.78µg (5.39%), Potassium: 133.9mg (3.83%), Vitamin A: 142.22IU (2.84%), Magnesium: 10.87mg (2.72%), Vitamin B1: 0.04mg (2.62%), Vitamin B5: 0.25mg (2.5%), Zinc: 0.36mg (2.37%), Fiber: 0.57g (2.27%), Vitamin B12: 0.13µg (2.22%), Vitamin B6: 0.04mg (1.93%), Iron: 0.29mg (1.59%), Folate: 6.24µg (1.56%), Vitamin B3: 0.21mg (1.06%)