



Lemon Mascarpone Gelato

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



1316 kcal

DESSERT

Ingredients

- 0.3 teaspoon kosher salt
- 0.5 teaspoon juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 2 cups mascarpone cheese chilled
- 0.5 cup sugar
- 1.5 cups milk whole chilled

Equipment

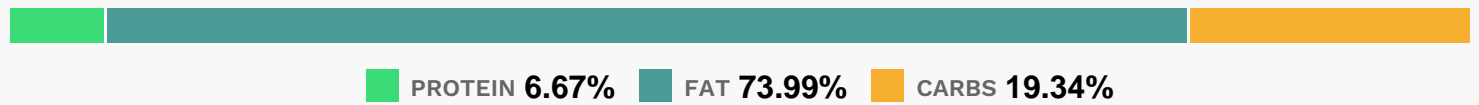
- bowl

- whisk
- ice cream machine

Directions

- In a large bowl, slowly whisk together all ingredients until well combined. If cheese and milk are not already chilled, chill mixture in refrigerator for 2 to 3 hours.
- Transfer mixture to ice cream maker and churn according to manufacturer's instructions.
- Serve immediately as soft serve or chill in freezer for 4 hours for a firmer texture.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:38.15, Inflammation Score:-9, Nutrition Score:10.275217520802%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 1315.55kcal (65.78%), Fat: 107.27g (165.03%), Saturated Fat: 66.4g (415.03%), Carbohydrates: 63.09g (21.03%), Net Carbohydrates: 62.98g (22.9%), Sugar: 58.78g (65.31%), Cholesterol: 246.96mg (82.32%), Sodium: 484.55mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Vitamin A: 3447.03IU (68.94%), Calcium: 542.18mg (54.22%), Phosphorus: 185.05mg (18.5%), Vitamin B12: 0.99µg (16.47%), Vitamin B2: 0.26mg (15.47%), Vitamin D: 2.01µg (13.42%), Potassium: 278.45mg (7.96%), Vitamin B1: 0.1mg (6.89%), Vitamin B5: 0.69mg (6.87%), Vitamin B6: 0.11mg (5.7%), Magnesium: 22.19mg (5.55%), Selenium: 3.79µg (5.41%), Zinc: 0.76mg (5.06%), Vitamin C: 1.77mg (2.15%)