



Lemon Meringue Ice Cream

READY IN



180 min.

SERVINGS



15

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 0.5 cup buttermilk whole
- ☐ 6 grands flaky refrigerator biscuits crushed
- ☐ 8 oz cream cheese softened room temperature
- ☐ 1.5 cups half and half
- ☐ 6 tablespoons lemon curd
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons cream sour

- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla paste

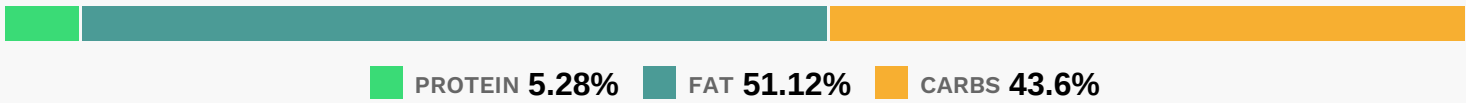
Equipment

- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Process first 6 ingredients in a blender 30 seconds or until very smooth. Cover and chill at least 2 hours or up to 2 days.
- ☐ 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.)
- ☐ Whisk together lemon curd, sour cream, lemon zest, and lemon juice. Swirl lemon mixture and crushed meringue cookies into prepared ice cream. Freeze 1 hour before serving.
- ☐ Serve immediately, or transfer to an airtight container, and freeze up to 1 week.
- ☐ *Vanilla extract may be substituted.
- ☐ THE COOKIE: Gingersnaps, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:8.93, Inflammation Score:-2, Nutrition Score:2.1573912890061%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 179.61kcal (8.98%), Fat: 10.34g (15.91%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 19.75g (7.18%), Sugar: 17.75g (19.73%), Cholesterol: 25.56mg (8.52%), Sodium: 127.56mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin B2: 0.11mg (6.65%), Vitamin A: 315.53IU (6.31%), Calcium: 52.43mg (5.24%), Phosphorus: 49.94mg (4.99%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.21mg (2.06%), Vitamin E: 0.3mg (2.01%), Potassium: 69.88mg (2%), Vitamin B12: 0.12µg (1.99%), Vitamin B1: 0.03mg (1.96%), Zinc: 0.23mg (1.52%), Folate: 6.06µg (1.51%), Vitamin B6: 0.03mg (1.39%), Magnesium: 5.4mg (1.35%), Vitamin C: 0.96mg (1.17%), Vitamin K: 1.12µg (1.07%)