



Lemon meringue ice cream

 Gluten Free

READY IN



230 min.

SERVINGS



8

CALORIES



208 kcal

Ingredients

- ☐ 500 g custard sauce fresh
- ☐ 142 ml single cream
- ☐ 142 ml double cream
- ☐ 3 juice of lemon juicy
- ☐ 8 ice cream cake cones
- ☐ 6 frangelico crushed (we used Sainsbury's Meringue Nests)
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Equipment

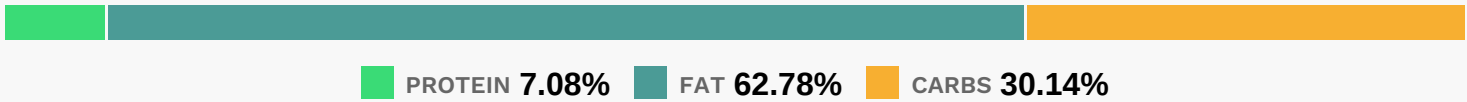
- ☐ bowl

☐ ice cream machine

Directions

- ☐ In a large bowl, mix the custard and the single cream.
- ☐ Whip the double cream until it forms soft peaks, then stir in the lemon zest and juice. Fold this into the custard mixture.
- ☐ Pour into an ice cream machine and churn according to the manufacturers instructions. Gently fold in the meringue, then spoon into a freezer container and freeze.
- ☐ Remove from the freezer at least half an hour before serving. To serve, scoop into the ice cream cones and eat immediately.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:4.03, Inflammation Score:-4, Nutrition Score:4.827391334202%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 208.47kcal (10.42%), Fat: 14.79g (22.76%), Saturated Fat: 8.9g (55.61%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 15.82g (5.75%), Sugar: 4.08g (4.53%), Cholesterol: 71.96mg (23.99%), Sodium: 73.77mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin B2: 0.21mg (12.31%), Calcium: 112.71mg (11.27%), Vitamin A: 558.55IU (11.17%), Phosphorus: 107.32mg (10.73%), Vitamin D: 1.14µg (7.62%), Selenium: 4.58µg (6.54%), Vitamin B12: 0.39µg (6.49%), Vitamin B5: 0.56mg (5.63%), Vitamin C: 4.63mg (5.61%), Potassium: 179.8mg (5.14%), Folate: 16.23µg (4.06%), Vitamin B1: 0.06mg (3.91%), Magnesium: 14.22mg (3.56%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.06mg (2.88%), Vitamin E: 0.41mg (2.72%), Iron: 0.39mg (2.16%), Copper: 0.03mg (1.6%), Manganese: 0.03mg (1.45%), Vitamin B3: 0.29mg (1.44%), Vitamin K: 1.25µg (1.19%)