



Lemon-Raspberry Ice Cream Bombes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



525 kcal

DESSERT

Ingredients

- ☐ 2 large egg yolks
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest packed finely grated ()
- ☐ 6 servings lemon zest
- ☐ 2 cups raspberries fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup raspberry sorbet
- ☐ 0.5 cup sugar

- ☐ 1 quart whipped cream
- ☐ 0.5 cup whipping cream chilled

Equipment

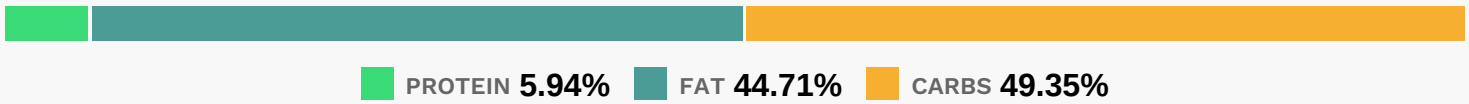
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ double boiler
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Whisk sugar, lemon juice, yolks, peel, and salt to blend in top of double boiler.
- ☐ Place over simmering water (do not allow bottom of pan to touch water).
- ☐ Whisk until mixture thickens and thermometer inserted into mixture registers 160°F, about 6 minutes.
- ☐ Transfer mixture to medium bowl. Chill until cold, about 45 minutes.
- ☐ Beat cream in another medium bowl until cream holds peaks. Fold into lemon mixture in 3 additions. Cover and chill at least 6 hours and up to 1 day.
- ☐ Line six 3/4-cup custard cups with foil, leaving generous overhang. Slightly soften quart of ice cream in microwave at low setting in 10-second intervals. Measure 1/2 cup ice cream and place in 1 prepared custard cup. Using back of teaspoon and dipping spoon in glass of warm water as needed, press ice cream in even layer over bottom and up sides of cup, creating hollow in center.
- ☐ Place cup in freezer. Repeat with remaining 5 prepared cups. Return remaining ice cream in quart to freezer. Freeze ice cream in cups 1 hour.
- ☐ Spoon 2 tablespoons sorbet into hollow in center of each cup and pack firmly. Return cups to freezer for 1 hour.
- ☐ Divide lemon cream among cups, smoothing tops. Freeze 1 hour.

- ☐ Slightly resoften remaining ice cream in quart container in microwave at low setting in 10-second intervals.
- ☐ Spread 2 tablespoons ice cream over lemon cream in each cup, covering completely. Fold foil overhang over bombes to cover; freeze at least 3 hours and up to 2 days.
- ☐ Open foil on bombes; turn bombes out onto dishes. Peel off foil. Spoon fresh berries alongside.
- ☐ Garnish with mint sprigs, if desired, and lemon peel.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:34.23, Inflammation Score:-6, Nutrition Score:11.147826142933%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 525.43kcal (26.27%), Fat: 26.45g (40.7%), Saturated Fat: 15.82g (98.9%), Carbohydrates: 65.7g (21.9%), Net Carbohydrates: 61.5g (22.36%), Sugar: 56.68g (62.98%), Cholesterol: 153.01mg (51%), Sodium: 197.32mg (8.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin B2: 0.47mg (27.42%), Calcium: 234.03mg (23.4%), Phosphorus: 211.71mg (21.17%), Vitamin A: 1051.45IU (21.03%), Vitamin C: 16.38mg (19.86%), Fiber: 4.2g (16.81%), Manganese: 0.29mg (14.3%), Vitamin B5: 1.28mg (12.84%), Vitamin B12: 0.76µg (12.62%), Potassium: 411.23mg (11.75%), Selenium: 6.8µg (9.72%), Zinc: 1.44mg (9.62%), Magnesium: 33.27mg (8.32%), Vitamin E: 1.17mg (7.78%), Folate: 27.48µg (6.87%), Vitamin B6: 0.13mg (6.52%), Vitamin B1: 0.09mg (6.28%), Vitamin D: 0.94µg (6.26%), Copper: 0.08mg (4.11%), Vitamin K: 4.27µg (4.06%), Iron: 0.62mg (3.42%), Vitamin B3: 0.45mg (2.24%)