



## Lime Ice Cream

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



521 kcal

DESSERT

### Ingredients

- 2 cups milk whole
- 1.3 cups sugar
- 0.3 cup juice of lime
- 1.5 teaspoons lime zest grated
- 1 cup cup heavy whipping cream

### Equipment

- bowl
- sauce pan

## Directions

- In a large saucepan, combine milk and sugar. Cook over medium heat until sugar is dissolved and mixture reaches 175&deg;. Cool to room temperature. Stir in the lime juice and zest. Freeze in an ice cream freezer according to manufacturer's directions.
- Transfer frozen lime mixture to a large bowl; allow to soften slightly. In a small bowl, beat whipping cream until stiff peaks form. Fold into softened lime mixture. Allow ice cream to firm up in your refrigerator freezer for 4 hours before serving.

## Nutrition Facts

**PROTEIN 4.29%** **FAT 42.73%** **CARBS 52.98%**

## Properties

Glycemic Index:35.02, Glycemic Load:45.82, Inflammation Score:-6, Nutrition Score:7.05608687582222%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 521.39kcal (26.07%), Fat: 25.6g (39.38%), Saturated Fat: 15.96g (99.72%), Carbohydrates: 71.41g (23.8%), Net Carbohydrates: 71.31g (25.93%), Sugar: 70.33g (78.15%), Cholesterol: 81.88mg (27.29%), Sodium: 63.47mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin A: 1082.75IU (21.65%), Calcium: 193.03mg (19.3%), Vitamin B2: 0.3mg (17.37%), Phosphorus: 160.69mg (16.07%), Vitamin D: 2.29µg (15.29%), Vitamin B12: 0.75µg (12.57%), Vitamin C: 6.63mg (8.03%), Potassium: 265.14mg (7.58%), Selenium: 4.5µg (6.43%), Vitamin B5: 0.63mg (6.33%), Vitamin B1: 0.09mg (5.7%), Vitamin B6: 0.1mg (5.16%), Magnesium: 20.46mg (5.12%), Zinc: 0.67mg (4.44%), Vitamin E: 0.65mg (4.36%), Vitamin K: 2.4µg (2.28%), Folate: 4.46µg (1.11%)