



Limoncello Freeze

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup lemon curd
- ☐ 2.5 tablespoons limoncello lemon-flavored liqueur
- ☐ 2 cups whipped cream low-fat
- ☐ 0.5 cup vanilla meringue cookies crushed

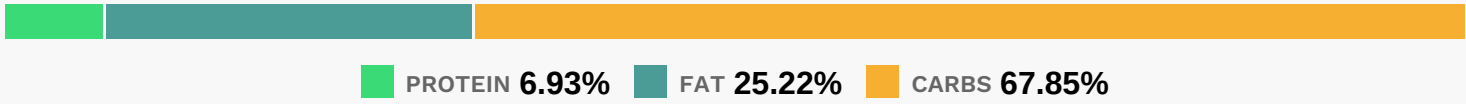
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Combine curd and liqueur in a small bowl, stirring with a whisk to blend.
- ☐
- Add ice cream to curd mixture; stir to blend. Spoon 1/2 cup ice cream mixture into each of 4 bowls; top each with 1 crushed meringue cookie.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:15.58, Inflammation Score:-3, Nutrition Score:3.6682608503362%

Nutrients (% of daily need)

Calories: 281.22kcal (14.06%), Fat: 7.36g (11.33%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 44.57g (14.86%), Net Carbohydrates: 44.13g (16.05%), Sugar: 33.17g (36.85%), Cholesterol: 20.66mg (6.89%), Sodium: 153.89mg (6.69%), Alcohol: 2.97g (100%), Alcohol %: 3.32% (100%), Protein: 4.55g (9.1%), Vitamin B2: 0.23mg (13.26%), Calcium: 122.36mg (12.24%), Phosphorus: 84.06mg (8.41%), Vitamin A: 340.48IU (6.81%), Vitamin B1: 0.1mg (6.54%), Vitamin B12: 0.36µg (5.95%), Potassium: 169.63mg (4.85%), Folate: 16.66µg (4.16%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.37mg (3.66%), Magnesium: 10.64mg (2.66%), Vitamin B3: 0.46mg (2.3%), Selenium: 1.52µg (2.17%), Fiber: 0.45g (1.79%), Vitamin B6: 0.03mg (1.71%), Vitamin C: 0.91mg (1.11%)