



Sparkling lemon & amaretti ice

READY IN



285 min.

SERVINGS



6

CALORIES



661 kcal

DESSERT

Ingredients

- ☐ 140 g amaretti cookies
- ☐ 50 g butter melted
- ☐ 250 g cheese curds
- ☐ 175 g brown sugar
- ☐ 2 juice of lemon grated
- ☐ 284 ml double cream
- ☐ 2 optional: lemon
- ☐ 85 g brown sugar

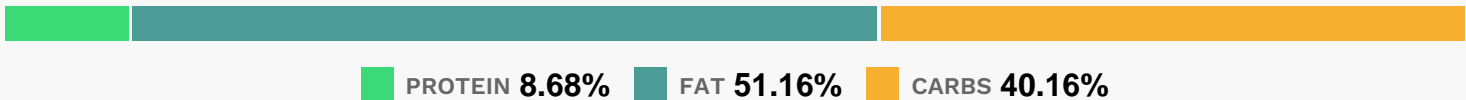
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cake form

Directions

- ☐ Line the base and sides of a 20cm cake tin with a round and two or three strips of plastic cut from two A4 clear plastic folders. Crush the amaretti biscuits fairly finely and mix into the melted butter, stirring well. Press into the base of the tin, smoothing with the back of a metal spoon.
- ☐ Tip the cheese into a large bowl, beat briefly to soften, then beat in the sugar, lemon zest and juice. Whip the cream until it just holds its shape, then fold into the mixture.
- ☐ Pour the lemon mixture into the tin and smooth the top. Freeze for 4 hours. For the topping, slice the lemons as thinly as possible. Put in a pan, cover with water and bring to the boil, reduce the heat and simmer for 20 minutes.
- ☐ Drain well.
- ☐ Tip the sugar into a small pan and add 3 tbsp water.
- ☐ Heat gently to melt the sugar, then add the lemon slices, increase the heat and cook until the lemons are caramelised (about 4–5 minutes). Cool to room temperature, then arrange in overlapping circles over the top.
- ☐ Drizzle over any syrup, then return to the freezer. (Can be frozen for up to 2 months.)
- ☐ Remove the dessert from the freezer 2–3 hours before serving, peel off the plastic and set on a serving plate. (Timing is not too critical, as it wont collapse, just become softer.) Tuck it away in the fridge until you are ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:6.3382609097854%

Flavonoids

Eriodictyol: 8.18mg, Eriodictyol: 8.18mg, Eriodictyol: 8.18mg, Eriodictyol: 8.18mg Hesperetin: 11.49mg, Hesperetin: 11.49mg, Hesperetin: 11.49mg, Hesperetin: 11.49mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 660.7kcal (33.04%), Fat: 38.68g (59.51%), Saturated Fat: 22.86g (142.89%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 66.45g (24.16%), Sugar: 61.71g (68.57%), Cholesterol: 116.31mg (38.77%), Sodium: 412.64mg (17.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Calcium: 376.98mg (37.7%), Vitamin C: 23.24mg (28.16%), Vitamin A: 916.72IU (18.33%), Fiber: 1.85g (7.42%), Vitamin B2: 0.1mg (5.94%), Vitamin D: 0.76µg (5.08%), Iron: 0.87mg (4.86%), Potassium: 164.85mg (4.71%), Vitamin E: 0.7mg (4.67%), Phosphorus: 37.91mg (3.79%), Vitamin B6: 0.07mg (3.4%), Selenium: 2.19µg (3.12%), Magnesium: 10.88mg (2.72%), Vitamin B5: 0.27mg (2.69%), Folate: 8.55µg (2.14%), Copper: 0.04mg (2.03%), Manganese: 0.04mg (2.01%), Vitamin K: 2.11µg (2.01%), Vitamin B1: 0.03mg (1.78%), Vitamin B12: 0.09µg (1.51%), Zinc: 0.16mg (1.08%)