



Super Lemon Ice Cream

 Vegetarian  Gluten Free

READY IN



765 min.

SERVINGS



10

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 5 egg yolks
- ☐ 1 cup half-and-half cream
- ☐ 2 cups heavy whipping cream
- ☐ 0.8 cup juice of lemon fresh
- ☐ 3 tablespoons lemon zest grated
- ☐ 1.1 cups sugar white

Equipment

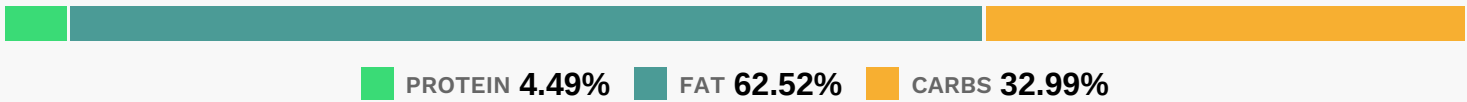
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Combine heavy cream, half and half, sugar, and lemon zest in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes.
- ☐ Remove from heat. Cover saucepan and allow the mixture to steep for 10 minutes.
- ☐ Uncover pan and bring back to a simmer over low heat. Beat the egg yolks in a bowl. Gradually stir one cup of the hot cream mixture into the eggs, several tablespoons at a time. This will help to bring the eggs up to temperature without scrambling them. Stir the egg mixture back into the cream mixture in the saucepan. Cook and stir over low heat until the mixture just coats the back of a spoon, 5 to 10 minutes.
- ☐ Transfer to a large bowl; cover. Refrigerate overnight.
- ☐ Stir the lemon juice into the cold ice cream mixture. Freeze in a 4 to 5 quart ice cream maker according to manufacturer's directions.
- ☐ Transfer ice cream to a lidded freezer container, and freeze for 4 hours to ripen flavors before serving.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:15.71, Inflammation Score:-5, Nutrition Score:5.0891304054986%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 314.02kcal (15.7%), Fat: 22.47g (34.57%), Saturated Fat: 13.52g (84.48%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 26.43g (9.61%), Sugar: 25.43g (28.26%), Cholesterol: 159.46mg (53.15%), Sodium: 32.45mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin A: 917.17IU (18.34%), Vitamin C:

9.91mg (12.01%), Vitamin B2: 0.19mg (11.32%), Selenium: 7.41µg (10.58%), Phosphorus: 87.38mg (8.74%), Vitamin D: 1.25µg (8.32%), Calcium: 72.65mg (7.27%), Vitamin E: 0.76mg (5.08%), Vitamin B12: 0.3µg (4.96%), Folate: 19.66µg (4.92%), Vitamin B5: 0.49mg (4.9%), Vitamin B6: 0.07mg (3.59%), Potassium: 109.15mg (3.12%), Zinc: 0.43mg (2.88%), Vitamin B1: 0.04mg (2.54%), Iron: 0.35mg (1.92%), Magnesium: 7.57mg (1.89%), Vitamin K: 1.9µg (1.81%), Copper: 0.02mg (1.03%)