



## Truly Key Lime Pie Ice Cream

READY IN



77 min.

SERVINGS



6

CALORIES



702 kcal

DESSERT

### Ingredients

- 2 egg yolks beaten
- 12 fluid ounce evaporated milk canned
- 6 graham crackers whole
- 0.7 cup heavy cream
- 3 ounce lime jell-o® mix flavored
- 1 cup juice of lime
- 2 cups milk
- 14 ounce condensed milk sweetened canned
- 1 cup sugar white

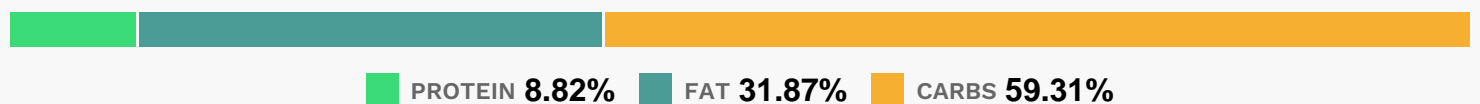
## Equipment

- sauce pan
- whisk
- ice cream machine

## Directions

- In a saucepan over low heat, combine the evaporated milk, sweetened condensed milk, milk, and heavy cream. Cook until warm, whisking frequently. Once the mixture is hot to the touch, whisk in the gelatin mix and sugar, stirring constantly until sugar and gelatin are completely dissolved.
- Whisk in the egg yolks, and remove from the heat. Stir in the lime juice and lemon extract.
- Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions. This recipe takes a bit longer to set up than the usual ice cream.
- Once the ice cream is thick, open the canister, and place large pieces of graham cracker evenly on each side. They will break into smaller pieces as the machine churns.
- Mix for about 5 more minutes.
- Transfer to a freezer container, seal, and freeze until solid. I like to use 1 gallon resealable freezer bags.

## Nutrition Facts



## Properties

Glycemic Index:40.52, Glycemic Load:54.21, Inflammation Score:-6, Nutrition Score:14.864347862161%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 701.99kcal (35.1%), Fat: 25.5g (39.23%), Saturated Fat: 14.74g (92.1%), Carbohydrates: 106.78g (35.59%), Net Carbohydrates: 106.14g (38.6%), Sugar: 96g (106.67%), Cholesterol: 144.08mg (48.03%), Sodium: 347.08mg

(15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.77%), Calcium: 484.92mg (48.49%), Phosphorus: 462.21mg (46.22%), Vitamin B2: 0.71mg (41.62%), Selenium: 18.04µg (25.77%), Vitamin A: 945.14IU (18.9%), Potassium: 651.9mg (18.63%), Vitamin C: 15.1mg (18.31%), Vitamin B12: 0.98µg (16.4%), Vitamin B5: 1.48mg (14.75%), Magnesium: 55.07mg (13.77%), Zinc: 1.92mg (12.8%), Vitamin B1: 0.19mg (12.74%), Vitamin D: 1.83µg (12.22%), Vitamin B6: 0.17mg (8.63%), Folate: 32.72µg (8.18%), Iron: 1.08mg (5.99%), Vitamin E: 0.73mg (4.85%), Vitamin B3: 0.95mg (4.73%), Copper: 0.06mg (3.09%), Fiber: 0.64g (2.55%), Vitamin K: 2.13µg (2.02%), Manganese: 0.02mg (1.22%)