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Lemon Ice ♦♦

Lemon Ice is a refreshing frozen dessert made with lemon juice and sugar. It is typically consumed as a summer treat to cool down on hot days. The recipe dates back to ancient Rome, where it was enjoyed by the elite. Today, Lemon Ice is popular worldwide and can be found in many ice cream shops and restaurants.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Lemon juice
200 g	sugar
100 ml	Water

Directions

Step 1

Stove

In a saucepan, combine the lemon juice, sugar, and water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat the mixture over medium heat, stirring until the sugar dissolves.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Remove from heat and let cool to room temperature.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Ice cream maker

Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Freezing

Transfer the Lemon Ice to a container and freeze for at least 2 hours before serving.

Prep Time: 0 mins

Cook Time: 120 mins

Nutrition Facts

Calories: 60 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 16 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	16 g	29.09%	32%
Fibers	0 g	0%	0%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Anniversary

Barbecue

Meal Type

Breakfast

Snack

Brunch

Lunch

Supper

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Easter

Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Difficulty Level

Easy

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