

Basic Fruit Ice Cream

Yield: 8 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fruit-ice-cream-recipe>

Ingredients:

- 5 cups fruit fresh, ripe, cut into cubes
- 2/3 cup sugar or more to taste
- 2 tablespoons lemon juice or more to taste
- salt to taste
- 1 ice cream recipe Basic, Recipe, thoroughly cooled

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 110 milligrams
8. Sugar: 30 grams

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