



Banana-Citrus Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

DESSERT

Ingredients

- 3 bananas ripe
- 0.5 cup juice of lemon fresh
- 1.5 cups orange juice fresh
- 1.5 cups sugar
- 2 cups water

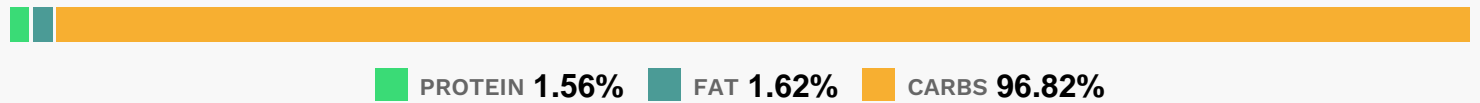
Equipment

- food processor

Directions

- Place bananas in food processor; process until smooth.
- Add sugar and lemon juice; process until well-blended.
- Pour mixture into the freezer can of an ice-cream freezer; add water and orange juice, stirring well.
- Freeze according to manufacturer's instructions. Spoon into freezer-safe container; cover and freeze.

Nutrition Facts



Properties

Glycemic Index:22.11, Glycemic Load:33.54, Inflammation Score:-3, Nutrition Score:4.555652141571%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 7.76mg, Hesperetin: 7.76mg, Hesperetin: 7.76mg, Hesperetin: 7.76mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 208.04kcal (10.4%), Fat: 0.4g (0.61%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 53.33g (17.78%), Net Carbohydrates: 52.04g (18.92%), Sugar: 47.11g (52.35%), Cholesterol: 0mg (0%), Sodium: 4.39mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 33mg (40%), Vitamin B6: 0.19mg (9.4%), Potassium: 267.87mg (7.65%), Manganese: 0.13mg (6.47%), Folate: 25.85µg (6.46%), Fiber: 1.29g (5.16%), Magnesium: 18.57mg (4.64%), Vitamin B1: 0.06mg (3.95%), Copper: 0.07mg (3.48%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.26mg (2.56%), Vitamin B3: 0.49mg (2.47%), Vitamin A: 122.24IU (2.44%), Phosphorus: 18.86mg (1.89%), Iron: 0.24mg (1.33%), Selenium: 0.73µg (1.04%), Calcium: 10.39mg (1.04%)