



## Banana-Strawberry-Lime Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

DESSERT

### Ingredients

- 2 bananas frozen very ripe peeled sliced
- 2 limes peeled quartered
- 1 cup strawberries unsweetened frozen
- 2 tablespoons sugar

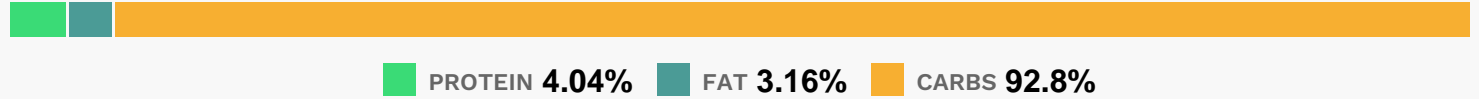
### Equipment

- food processor
- bowl

# Directions

Place all ingredients in bowl of a food processor. Blend until mixture has the consistency of ice cream. Divide among 4 bowls and serve, topped with extra strawberries or whipped cream, if desired.

# Nutrition Facts



# Properties

Glycemic Index:19.69, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:2.3356521647909%

# Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 38.87kcal (1.94%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.01g (3.28%), Sugar: 6.2g (6.89%), Cholesterol: 0mg (0%), Sodium: 0.67mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 14.42mg (17.48%), Manganese: 0.12mg (6.02%), Fiber: 1.28g (5.11%), Vitamin B6: 0.1mg (4.96%), Potassium: 120.24mg (3.44%), Folate: 9.25µg (2.31%), Magnesium: 9.05mg (2.26%), Copper: 0.03mg (1.71%), Vitamin B2: 0.02mg (1.38%), Vitamin B5: 0.13mg (1.26%), Vitamin B3: 0.24mg (1.2%), Iron: 0.2mg (1.12%), Phosphorus: 11.06mg (1.11%)