



Banana-Strawberry Tofu Sherbet

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

DESSERT

Ingredients

- 2 bananas ripe peeled cut into 1-inch chunks
- 4 tablespoons honey
- 3 tablespoons orange juice concentrate frozen thawed
- 12 oz aseptic-packed silken tofu soft
- 2 cups strawberries hulled rinsed
- 1 tablespoon vanilla

Equipment

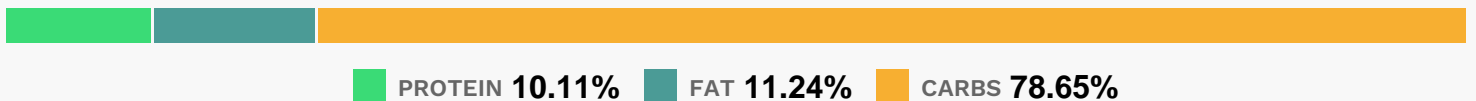
- food processor

- bowl
- paper towels
- oven
- blender
- microwave
- ice cream machine
- colander

Directions

- Drain tofu in a colander for about 5 minutes, then pat dry with paper towels.
- In a blender or food processor, combine tofu, bananas, orange juice concentrate, vanilla, strawberries, and 4 tablespoons honey; whirl until very smooth. Taste, and add more honey if desired.
- To quick-chill, pour tofu mixture into a bowl and nest in ice water; stir often until cold, about 5 minutes. Otherwise, cover and chill until cold, about 1 hour.
- Pour tofu mixture into an ice cream maker (1 qt. or larger). Freeze according to manufacturer's directions until dasher is hard to turn or machine stops.
- Serve, or cover and freeze until firm, at least 3 hours. If sherbet gets too hard, soften in a microwave oven at half power (50%), checking at 15-second intervals, until it can be scooped, 30 to 60 seconds total.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:11.46, Inflammation Score:-4, Nutrition Score:6.9626086639321%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin:

0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.29kcal (7.06%), Fat: 1.82g (2.81%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.57g (9.66%), Sugar: 21.85g (24.28%), Cholesterol: 0mg (0%), Sodium: 4.98mg (0.22%), Alcohol: 0.75g (100%), Alcohol %: 0.56% (100%), Protein: 3.69g (7.39%), Vitamin C: 42.44mg (51.44%), Manganese: 0.31mg (15.56%), Potassium: 373.3mg (10.67%), Vitamin B6: 0.2mg (9.81%), Magnesium: 36.43mg (9.11%), Copper: 0.18mg (9.1%), Fiber: 2.14g (8.57%), Vitamin B1: 0.1mg (6.73%), Folate: 25.36µg (6.34%), Phosphorus: 60.53mg (6.05%), Vitamin B2: 0.08mg (4.84%), Iron: 0.85mg (4.72%), Vitamin B3: 0.72mg (3.62%), Zinc: 0.47mg (3.11%), Calcium: 31.11mg (3.11%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.28µg (1.22%), Vitamin A: 58.95IU (1.18%), Selenium: 0.73µg (1.04%)