

Basil-Lime Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



155 min.

SERVINGS



8

CALORIES



102 kcal

DESSERT

Ingredients

- 20 basil leaves fresh minced
- 0.8 cup juice of lime fresh
- 1 cup sugar
- 1 cup water

Equipment

- sauce pan
- blender

Directions

- Make a simple syrup by bringing the sugar and water to a boil in a small saucepan; allow to boil 1 minute; remove from heat.
- Combine the syrup, lime juice, and basil in a blender; puree.
- Pour the mixture into a container and cover; store in freezer until completely frozen, about 2 hours.
- Break the frozen mixture into pieces and place in the blender; blend until smooth. Return to the container and cover. Store in freezer until ready to serve.

Nutrition Facts

PROTEIN 0.47% **FAT 0.85%** **CARBS 98.68%**

Properties

Glycemic Index:17.51, Glycemic Load:17.46, Inflammation Score:-1, Nutrition Score:0.97086957226629%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 102.15kcal (5.11%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.01%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 26.73g (9.72%), Sugar: 25.34g (28.15%), Cholesterol: 0mg (0%), Sodium: 2.22mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin C: 6.99mg (8.47%), Vitamin K: 4.29µg (4.08%), Vitamin A: 64.09IU (1.28%)