



Berry Refresher Dessert

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



73 kcal

Ingredients

- 0.5 cup blueberries
- 1 quart optional: lemon
- 1 cup strawberries fresh sliced
- 0.5 cup grape juice

Equipment

- bowl

Directions

Divide the sherbet among six dessert cups or bowls. Top with the berries and grape juice.

Nutrition Facts

 **PROTEIN 8.3%**  **FAT 5.54%**  **CARBS 86.16%**

Properties

Glycemic Index:17.58, Glycemic Load:3.76, Inflammation Score:-6, Nutrition Score:8.6478261299755%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 4.13mg, Petunidin: 4.13mg, Petunidin: 4.13mg, Petunidin: 4.13mg Delphinidin: 4.85mg, Delphinidin: 4.85mg, Delphinidin: 4.85mg, Delphinidin: 4.85mg Malvidin: 10.69mg, Malvidin: 10.69mg, Malvidin: 10.69mg, Malvidin: 10.69mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 2.74mg, Peonidin: 2.74mg, Peonidin: 2.74mg, Peonidin: 2.74mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 33.69mg, Eriodictyol: 33.69mg, Eriodictyol: 33.69mg, Eriodictyol: 33.69mg Hesperetin: 44.01mg, Hesperetin: 44.01mg, Hesperetin: 44.01mg, Hesperetin: 44.01mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 73.1kcal (3.66%), Fat: 0.61g (0.94%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 16.21g (5.89%), Sugar: 9.34g (10.38%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin C: 98.92mg (119.91%), Fiber: 5.23g (20.94%), Manganese: 0.23mg (11.59%), Potassium: 285.8mg (8.17%), Vitamin B6: 0.15mg (7.53%), Iron: 1.13mg (6.29%), Folate: 23.85µg (5.96%), Vitamin B1: 0.08mg (5.13%), Calcium: 47.91mg (4.79%), Magnesium: 18.59mg (4.65%), Copper: 0.08mg (4.04%), Vitamin B5: 0.36mg (3.55%), Phosphorus: 35.43mg (3.54%), Vitamin K: 2.99µg (2.85%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.38mg (2.51%), Vitamin B3: 0.33mg (1.65%), Zinc: 0.16mg (1.08%), Selenium: 0.74µg (1.06%)