



Berry Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

Ingredients

- ☐ 14 ounce raspberries unsweetened frozen thawed
- ☐ 16 ounce strawberries unsweetened frozen thawed
- ☐ 0.5 cup grape juice white

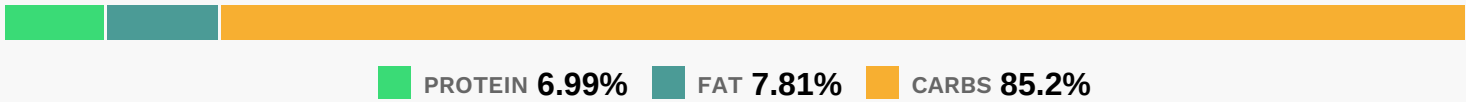
Equipment

- ☐ food processor
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place strawberries and raspberries in a blender or food processor; process 30 seconds or until smooth, stopping once to scrape down sides.
- ☐ Pour fruit mixture into a wire-mesh strainer; press with the back of a spoon against sides of strainer to squeeze out juice. Discard pulp and seeds remaining in strainer.
- ☐ Combine fruit juice, grape juice, and sweetener; stir well.
- ☐ Pour mixture into an 8-inch square baking pan. Cover and freeze until mixture is almost firm.
- ☐ Break frozen mixture into large pieces, and place in blender or food processor; process until fluffy but not thawed.
- ☐ Serve immediately, or cover and freeze.
- ☐ carbo rating: 11

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.65, Inflammation Score:-5, Nutrition Score:9.0313045563905%

Flavonoids

Cyanidin: 31.73mg, Cyanidin: 31.73mg, Cyanidin: 31.73mg, Cyanidin: 31.73mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 2.45mg, Malvidin: 2.45mg, Malvidin: 2.45mg, Malvidin: 2.45mg Pelargonidin: 19.44mg, Pelargonidin: 19.44mg, Pelargonidin: 19.44mg, Pelargonidin: 19.44mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg, Catechin: 3.39mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 71.24kcal (3.56%), Fat: 0.68g (1.05%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 10.94g (3.98%), Sugar: 9.61g (10.68%), Cholesterol: 0mg (0%), Sodium: 2.47mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin C: 61.8mg (74.91%), Manganese: 0.79mg (39.27%), Fiber: 5.85g (23.42%), Folate: 32.03µg (8.01%), Potassium: 237.48mg (6.79%), Magnesium: 26.49mg (6.62%), Vitamin K: 6.91µg (6.58%), Vitamin E: 0.79mg (5.3%), Copper: 0.1mg (4.98%), Iron: 0.82mg (4.55%), Phosphorus: 40.28mg (4.03%), Vitamin B6: 0.08mg (3.93%), Vitamin B3: 0.72mg (3.58%), Vitamin B5: 0.32mg (3.22%), Calcium: 30.95mg (3.1%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.64%)