



Blackberry-Buttermilk Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

DESSERT

Ingredients

- ☐ 12 ounces blackberries
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.5 cup sugar

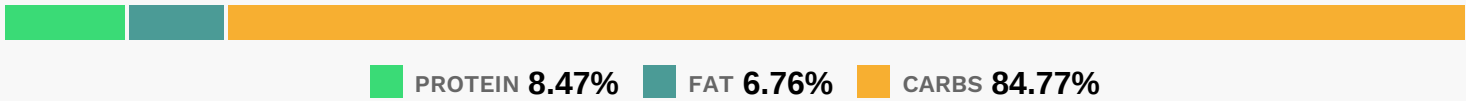
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine blackberries and sugar in a blender or food processor; process until smooth. Strain blackberry mixture through a fine sieve over a bowl; discard solids. Stir in buttermilk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sherbet into a freezer-safe container; cover and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:12.25, Inflammation Score:-4, Nutrition Score:5.147826106652%

Flavonoids

Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg, Cyanidin: 56.67mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg, Catechin: 21.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 108.55kcal (5.43%), Fat: 0.87g (1.33%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 21.44g (7.8%), Sugar: 21.8g (24.22%), Cholesterol: 2mg (0.67%), Sodium: 74.73mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Manganese: 0.37mg (18.4%), Vitamin C: 12.41mg (15.04%), Fiber: 3.01g (12.02%), Vitamin K: 11.28µg (10.74%), Calcium: 74.61mg (7.46%), Phosphorus: 56.97mg (5.7%), Vitamin B2: 0.09mg (5.58%), Copper: 0.1mg (5.01%), Potassium: 167.69mg (4.79%), Vitamin E: 0.69mg (4.59%), Magnesium: 16.84mg (4.21%), Folate: 16.67µg (4.17%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.29mg (2.94%), Vitamin A: 144.84IU (2.9%), Iron: 0.38mg (2.14%), Vitamin B3: 0.4mg (1.98%), Selenium: 1.33µg (1.9%), Vitamin B1: 0.03mg (1.89%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.03mg (1.7%)