



Blackberry Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 16 blackberries fresh
- ☐ 1.5 1 1/2 pounds frozen unsweetened blackberries unsweetened frozen thawed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.3 cups sugar
- ☐ 1 cup water
- ☐ 0.5 small watermelon

Equipment

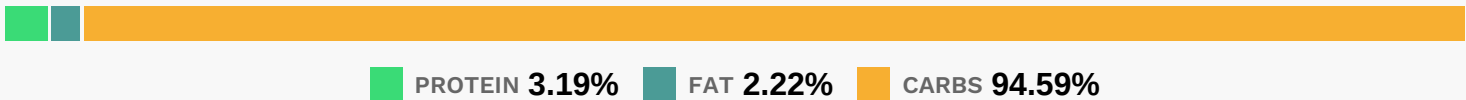
- ☐ bowl

- ☐ sauce pan
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Stir sugar and 1 cup water in small saucepan. Bring to boil over high heat, stirring until sugar dissolves. Boil 1 minute.
- ☐ Transfer syrup to large bowl. Chill until syrup is cold, about 3 hours.
- ☐ Working in batches, puree blackberries with juices and cold syrup in blender until smooth. Strain into another large bowl; discard seeds. Stir in lemon juice.
- ☐ Process berry mixture in ice cream maker according to manufacturer's instructions.
- ☐ Transfer sorbet to container; cover and freeze until firm, about 6 hours. (Can be made 1 week ahead. Keep frozen.)
- ☐ Using large spoon, scoop out flesh from watermelon, leaving rind intact and forming bowl (reserve melon for another use or serve alongside sorbet, if desired).
- ☐ Drain excess juice from watermelon bowl. Cover and chill watermelon bowl until cold.
- ☐ Scoop sorbet into watermelon bowl.
- ☐ Garnish with fresh blackberries.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:36.88, Inflammation Score:-8, Nutrition Score:6.1973913182383%

Flavonoids

Cyanidin: 4.37mg, Cyanidin: 4.37mg, Cyanidin: 4.37mg, Cyanidin: 4.37mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 207.39kcal (10.37%), Fat: 0.55g (0.85%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 51.67g (18.79%), Sugar: 48.93g (54.37%), Cholesterol: 0mg (0%), Sodium: 4.68mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin A: 1609.9IU (32.2%), Vitamin C: 25.15mg (30.49%), Potassium: 326.58mg (9.33%), Magnesium: 29.52mg (7.38%), Manganese: 0.14mg (6.84%), Copper: 0.13mg (6.64%), Vitamin B6: 0.13mg (6.48%), Vitamin B5: 0.64mg (6.39%), Vitamin B1: 0.09mg (6.31%), Fiber: 1.37g (5.47%), Iron: 0.72mg (4%), Vitamin B2: 0.07mg (3.92%), Phosphorus: 32.2mg (3.22%), Vitamin B3: 0.53mg (2.66%), Folate: 10.28µg (2.57%), Calcium: 22.38mg (2.24%), Zinc: 0.31mg (2.08%), Selenium: 1.33µg (1.91%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.15µg (1.09%)