



Blood Orange Sherbet

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1191 kcal

DESSERT

Ingredients

- 2 cups blood orange juice
- 1 cup plus ("light")
- 1 cup cup heavy whipping cream
- 0.3 teaspoon salt
- 0.5 cup sugar

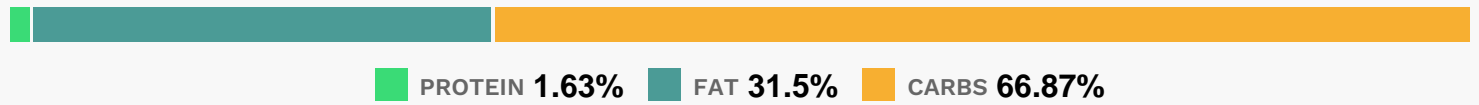
Equipment

- whisk
- mixing bowl

Directions

- In a large mixing bowl, whisk together blood orange juice, zest, cream, corn syrup, and sugar until sugar is completely dissolved. Stir in salt to taste. If blood oranges were not chilled, chill mixture in refrigerator for 2 to 3 hours until very cold.
- Churn mixture according to manufacturer's instructions.
- Serve immediately as soft serve or transfer to an airtight container and chill in freezer for at least 4 hours for a firmer texture.

Nutrition Facts



Properties

Glycemic Index:70.55, Glycemic Load:72.94, Inflammation Score:-9, Nutrition Score:14.509565234184%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 1191.21kcal (59.56%), Fat: 43.96g (67.62%), Saturated Fat: 27.43g (171.43%), Carbohydrates: 209.92g (69.97%), Net Carbohydrates: 209.42g (76.15%), Sugar: 205.15g (227.95%), Cholesterol: 134.47mg (44.82%), Sodium: 431.51mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin C: 124.71mg (151.17%), Vitamin A: 2245.3IU (44.91%), Vitamin B1: 0.35mg (23.17%), Folate: 79.16µg (19.79%), Vitamin B2: 0.31mg (18.1%), Potassium: 611.82mg (17.48%), Calcium: 128.66mg (12.87%), Vitamin D: 1.9µg (12.69%), Phosphorus: 111.18mg (11.12%), Magnesium: 37.32mg (9.33%), Vitamin E: 1.19mg (7.96%), Zinc: 1.17mg (7.77%), Vitamin B5: 0.77mg (7.75%), Selenium: 5.31µg (7.59%), Vitamin B6: 0.14mg (7.04%), Copper: 0.13mg (6.3%), Vitamin B3: 1.07mg (5.34%), Vitamin K: 4.06µg (3.86%), Iron: 0.64mg (3.57%), Vitamin B12: 0.19µg (3.17%), Fiber: 0.5g (1.98%), Manganese: 0.04mg (1.93%)