



Blueberry-Ginger Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 3 pints blueberries fresh cleaned
- ☐ 3 tablespoons ginger fresh grated (bottled type works too)
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup water

Equipment

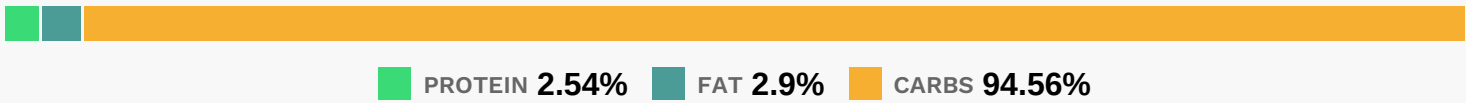
- ☐ food processor
- ☐ bowl

☐ ice cream machine

Directions

- ☐ Combine the sugar, water and ginger in a medium saucepan and bring to a boil. Reduce heat and simmer for 5 minutes.
- ☐ Let stand until cool. Puree blueberries and lemon juice (I did it in a food processor). Strain into a bowl, leaving behind the blueberry and some skin. Discard.
- ☐ Combine the blueberry lemon mixture with the ginger syrup and chill until very cold. Freeze in an ice cream maker following manufacturer's instructions. Makes 4 servings (4 scoops)

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:52.21, Inflammation Score:-8, Nutrition Score:13.863043287526%

Flavonoids

Cyanidin: 30.02mg, Cyanidin: 30.02mg, Cyanidin: 30.02mg, Cyanidin: 30.02mg Petunidin: 111.89mg, Petunidin: 111.89mg, Petunidin: 111.89mg, Petunidin: 111.89mg Delphinidin: 125.73mg, Delphinidin: 125.73mg, Delphinidin: 125.73mg, Delphinidin: 125.73mg Malvidin: 239.86mg, Malvidin: 239.86mg, Malvidin: 239.86mg, Malvidin: 239.86mg Peonidin: 72.01mg, Peonidin: 72.01mg, Peonidin: 72.01mg, Peonidin: 72.01mg Catechin: 18.77mg, Catechin: 18.77mg, Catechin: 18.77mg, Catechin: 18.77mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg Myricetin: 4.62mg, Myricetin: 4.62mg, Myricetin: 4.62mg, Myricetin: 4.62mg Quercetin: 27.28mg, Quercetin: 27.28mg, Quercetin: 27.28mg, Quercetin: 27.28mg Gallocatechin: 0.43mg, Gallocatechin: 0.43mg, Gallocatechin: 0.43mg, Gallocatechin: 0.43mg

Nutrients (% of daily need)

Calories: 402.34kcal (20.12%), Fat: 1.41g (2.16%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 103.24g (34.41%), Net Carbohydrates: 94.58g (34.39%), Sugar: 85.72g (95.24%), Cholesterol: 0mg (0%), Sodium: 7.84mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin K: 68.5µg (65.24%), Manganese: 1.21mg (60.41%), Vitamin C: 40.59mg (49.2%), Fiber: 8.67g (34.67%), Vitamin E: 2.06mg (13.73%), Copper: 0.23mg (11.48%), Vitamin B6: 0.2mg (10%), Vitamin B2: 0.16mg (9.36%), Vitamin B1: 0.14mg (9.09%), Potassium: 311.75mg (8.91%), Vitamin B3: 1.54mg (7.68%), Magnesium: 25.06mg (6.26%), Folate: 24.92µg (6.23%), Iron: 1.06mg (5.9%), Vitamin

B5: 0.47mg (4.71%), Phosphorus: 45.59mg (4.56%), Zinc: 0.6mg (4.03%), Vitamin A: 192.55IU (3.85%), Calcium: 25.32mg (2.53%), Selenium: 0.71µg (1.01%)