



Blueberry-Lemon Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 3 cups blueberries fresh thawed
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup water

Equipment

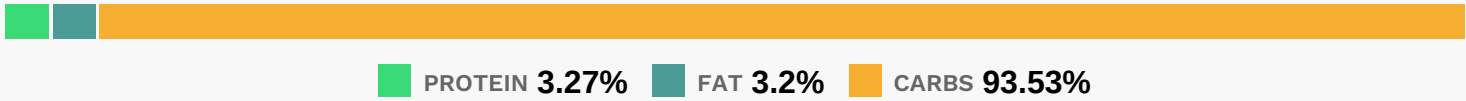
- ☐ food processor

☐ blender

Directions

- ☐ Place all ingredients in a blender or food processor; process until smooth.
- ☐ Place berry mixture in a freezer-safe container and freeze until hard, about 1 hour.
- ☐ Let stand about 10 minutes before
- ☐ serving.

Nutrition Facts



Properties

Glycemic Index:18.45, Glycemic Load:7.91, Inflammation Score:-3, Nutrition Score:3.5900000119987%

Flavonoids

Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg, Cyanidin: 7.51mg Petunidin: 28mg, Petunidin: 28mg, Petunidin: 28mg, Petunidin: 28mg Delphinidin: 31.46mg, Delphinidin: 31.46mg, Delphinidin: 31.46mg, Delphinidin: 31.46mg Malvidin: 60.02mg, Malvidin: 60.02mg, Malvidin: 60.02mg, Malvidin: 60.02mg Peonidin: 18.02mg, Peonidin: 18.02mg, Peonidin: 18.02mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 77.66kcal (3.88%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 18.07g (6.57%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 60.63mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 17.14µg (16.32%), Manganese: 0.31mg (15.3%), Vitamin C: 11.49mg (13.93%), Fiber: 2.21g (8.83%), Vitamin E: 0.52mg (3.44%), Copper: 0.06mg (2.94%), Vitamin B6: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.4%), Vitamin B1: 0.03mg (2.3%), Potassium: 79.58mg (2.27%), Vitamin B3: 0.39mg (1.94%), Folate: 6.75µg (1.69%), Iron: 0.29mg (1.62%), Magnesium: 6.15mg (1.54%), Vitamin B5: 0.13mg (1.25%), Phosphorus: 11.52mg (1.15%), Zinc: 0.17mg (1.11%)