

# Blueberry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



109 kcal

DESSERT

## Ingredients

- 6 cups blueberries fresh
- 3 tablespoons juice of lemon fresh
- 0.3 teaspoon salt
- 0.8 cup sugar

## Equipment

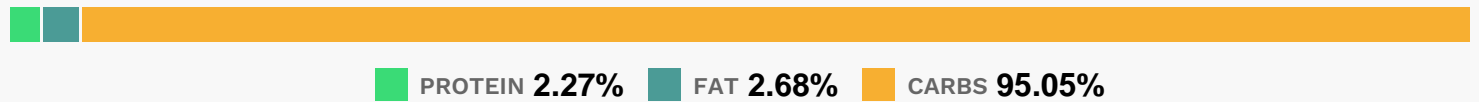
- bowl
- sauce pan
- blender

ice cream machine

## Directions

- In a saucepan, bring sugar, 1 cup water, and lavender, if using, to a boil.
- Add salt and simmer 2 minutes.
- Transfer sugar syrup to a metal bowl and let cool to room temperature. Strain and discard lavender.
- In a blender, pure sugar syrup, blueberries, and lemon juice. Strain and discard seeds and skin. Cover and chill sorbet mixture at least 30 minutes and up to overnight.
- Freeze in an ice cream maker according to manufacturer's instructions.
- Transfer to a freezer-safe dish, cover, and freeze until hard, at least 1 hour and up to overnight.

## Nutrition Facts



## Properties

Glycemic Index:11.01, Glycemic Load:14.77, Inflammation Score:-3, Nutrition Score:3.430434745291%

## 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, 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: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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 Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg

## Nutrients (% of daily need)

Calories: 109.36kcal (5.47%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 25.98g (9.45%), Sugar: 23.93g (26.59%), Cholesterol: 0mg (0%), Sodium: 59.22mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin K: 17.14µg (16.32%), Manganese: 0.3mg

(14.98%), Vitamin C: 10.36mg (12.55%), Fiber: 2.14g (8.58%), Vitamin E: 0.51mg (3.42%), Copper: 0.05mg (2.62%), Vitamin B6: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.35%), Vitamin B1: 0.03mg (2.26%), Potassium: 73.32mg (2.09%), Vitamin B3: 0.38mg (1.88%), Folate: 6.23µg (1.56%), Iron: 0.26mg (1.45%), Magnesium: 5.6mg (1.4%), Vitamin B5: 0.12mg (1.16%), Phosphorus: 11.02mg (1.1%)