



Buttermilk-Apricot-Corn Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 15.3 ounce apricot halves in heavy syrup drained canned
- ☐ 1.3 cups corn kernels fresh (2 ears)
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups buttermilk low-fat
- ☐ 0.5 cup sugar

Equipment

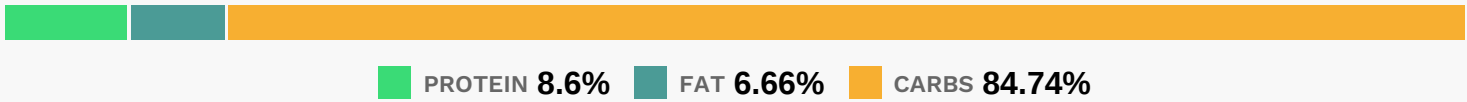
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ Place the first 5 ingredients in a blender or food processor; process until smooth.
- ☐ Combine corn mixture and buttermilk in a large bowl; cover and chill 20 minutes.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:12.26, Inflammation Score:-6, Nutrition Score:4.4134783382001%

Flavonoids

Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 121.59kcal (6.08%), Fat: 0.98g (1.51%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 26.72g (9.72%), Sugar: 24.57g (27.3%), Cholesterol: 1.92mg (0.64%), Sodium: 74.71mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin A: 889.61IU (17.79%), Vitamin C: 9.23mg (11.18%), Potassium: 246.38mg (7.04%), Phosphorus: 69.78mg (6.98%), Vitamin B2: 0.11mg (6.32%), Calcium: 62.76mg (6.28%), Fiber: 1.27g (5.07%), Magnesium: 16.97mg (4.24%), Vitamin B1: 0.06mg (3.96%), Folate: 15.7µg (3.92%), Vitamin B5: 0.38mg (3.82%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.63mg (3.13%), Vitamin B6: 0.06mg (3.11%), Vitamin E: 0.43mg (2.89%), Copper: 0.05mg (2.69%), Zinc: 0.4mg (2.63%), Iron: 0.33mg (1.86%), Selenium: 1.25µg (1.78%), Vitamin B12: 0.11µg (1.76%), Vitamin K: 1.53µg (1.46%)