



## Buttermilk Sorbet with Strawberries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

DESSERT

### Ingredients

- 0.3 cup plus light
- 2 cups buttermilk low-fat
- 1 pound strawberries fresh sliced
- 0.3 cup sugar
- 1 tablespoon sugar

### Equipment

- bowl

## Directions

- To prepare sorbet, combine first 3 ingredients in a medium bowl, stirring until sugar dissolves.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.
- To prepare strawberries, combine strawberries and 1 tablespoon sugar; let stand 10 minutes. Spoon berries into serving bowls, and top with sorbet.

## Nutrition Facts

**PROTEIN 8.63%** **FAT 7.04%** **CARBS 84.33%**

## Properties

Glycemic Index:49.8, Glycemic Load:16.51, Inflammation Score:-5, Nutrition Score:9.7782608477966%

## Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 204.28kcal (10.21%), Fat: 1.72g (2.64%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 43.99g (16%), Sugar: 43.13g (47.92%), Cholesterol: 4.8mg (1.6%), Sodium: 192.1mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin C: 67.88mg (82.28%), Manganese: 0.44mg (22.04%), Calcium: 160.27mg (16.03%), Phosphorus: 134.02mg (13.4%), Vitamin B2: 0.21mg (12.51%), Potassium: 355.22mg (10.15%), Fiber: 2.27g (9.07%), Folate: 33.22µg (8.3%), Magnesium: 28.15mg (7.04%), Vitamin B1: 0.08mg (5.37%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.47mg (4.72%), Vitamin B6: 0.09mg (4.7%), Selenium: 3.1µg (4.42%), Vitamin B12: 0.26µg (4.4%), Copper: 0.07mg (3.44%), Iron: 0.53mg (2.96%), Vitamin E: 0.39mg (2.59%), Vitamin B3:

0.51mg (2.54%), Vitamin K: 2.61µg (2.49%), Vitamin A: 70.01IU (1.4%)