

Cantaloupe Sherbet



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 3 pounds cantaloupe chopped
- ☐ 0.3 cup light-colored corn syrup
- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons vodka
- ☐ 0.8 cup water

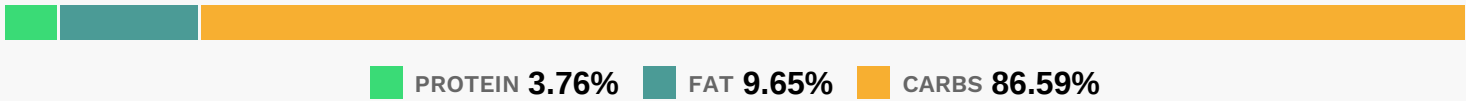
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring first 4 ingredients to a boil in a saucepan; cook 1 minute or until sugar dissolves.
- ☐ Remove from heat.
- ☐ Place pan in a large ice-filled bowl for 15 minutes or until sugar mixture cools completely, stirring occasionally.
- ☐ Place cantaloupe, vodka, and juice in a food processor; process until smooth. Strain cantaloupe mixture through a sieve over a bowl; discard solids.
- ☐ Add sugar mixture and cream to cantaloupe mixture; stir well.
- ☐ Pour cantaloupe mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sherbet into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:17.16, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:7.6765218176272%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 126.4kcal (6.32%), Fat: 1.38g (2.12%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 26.73g (9.72%), Sugar: 27.36g (30.4%), Cholesterol: 3.39mg (1.13%), Sodium: 77.03mg (3.35%), Alcohol: 1g (100%), Alcohol %: 0.71% (100%), Protein: 1.21g (2.41%), Vitamin A: 4647IU (92.94%), Vitamin C: 15.3mg (18.55%), Potassium: 218.57mg (6.24%), Copper: 0.12mg (6.01%), Vitamin B1: 0.07mg (4.86%), Folate: 19.32µg (4.83%), Vitamin B3: 0.95mg (4.74%), Magnesium: 18.28mg (4.57%), Fiber: 1.09g (4.38%), Zinc: 0.65mg (4.32%), Selenium: 2.52µg (3.61%), Vitamin K: 3.78µg (3.6%), Iron: 0.53mg (2.93%), Manganese: 0.06mg (2.83%), Vitamin B6: 0.06mg (2.8%), Vitamin B2: 0.04mg (2.63%), Phosphorus: 25.23mg (2.52%), Calcium: 16.2mg (1.62%), Vitamin B5: 0.15mg (1.52%)