



# Cantaloupe Sherbet

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



9

CALORIES



177 kcal

DESSERT

## Ingredients

- 1 medium cantaloupe ripe
- 2 tablespoons honey
- 14 ounces condensed milk fat-free sweetened canned

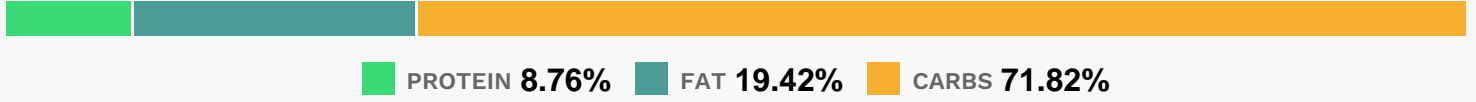
## Equipment

- blender

## Directions

- Cut cantaloupe in half; discard seeds. Peel and slice cantaloupe; cut into large pieces.
- Place in a blender container.
- Add milk and honey; cover and blend until smooth.
- Pour into a freezer-proof container. Freeze overnight or until firm.

## Nutrition Facts



### Properties

Glycemic Index:20.09, Glycemic Load:19.69, Inflammation Score:-8, Nutrition Score:6.5330435452254%

### Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 176.6kcal (8.83%), Fat: 3.95g (6.07%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 32.34g (11.76%), Sugar: 32.65g (36.28%), Cholesterol: 14.99mg (5%), Sodium: 74.59mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin A: 2192.04IU (43.84%), Calcium: 131.04mg (13.1%), Phosphorus: 122.18mg (12.22%), Vitamin B2: 0.2mg (11.87%), Selenium: 7.61µg (10.87%), Vitamin C: 7.86mg (9.52%), Potassium: 262.33mg (7.5%), Magnesium: 19.53mg (4.88%), Vitamin B1: 0.07mg (4.65%), Zinc: 0.69mg (4.63%), Vitamin B5: 0.4mg (3.98%), Folate: 13.53µg (3.38%), Vitamin B12: 0.19µg (3.23%), Copper: 0.06mg (3.02%), Vitamin B3: 0.52mg (2.62%), Vitamin B6: 0.05mg (2.41%), Fiber: 0.5g (2%), Iron: 0.34mg (1.87%), Vitamin K: 1.92µg (1.83%), Manganese: 0.03mg (1.58%)