



Cherry-Grapefruit Basil Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



7

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.5 cup basil leaves
- ☐ 3 cups cherries pitted
- ☐ 0.5 cup ruby grapefruit juice fresh red (1 grapefruit)
- ☐ 1 Dash kosher salt
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 0.5 cup sugar
- ☐ 1 cup water

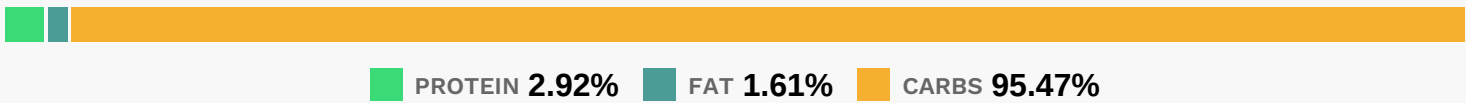
Equipment

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

Directions

- ☐ Combine first 3 ingredients in a small saucepan; bring to a boil, stirring until sugar dissolves. Stir in basil; remove from heat. Cover and let stand 30 minutes.
- ☐ Place cherries in a food processor; process until smooth.
- ☐ Add sugar mixture, grapefruit juice, and lime juice; process until well blended. Strain cherry mixture through a fine sieve over a bowl; discard solids.
- ☐ Pour cherry 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.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:12.68, Inflammation Score:-2, Nutrition Score:2.2943477967511%

Flavonoids

Cyanidin: 17.87mg, Cyanidin: 17.87mg, Cyanidin: 17.87mg, Cyanidin: 17.87mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 100.68kcal (5.03%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.41g (8.88%), Sugar: 23.7g (26.34%), Cholesterol: 0mg (0%), Sodium: 7.8mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 9.3mg (11.28%), Vitamin K: 8.36µg (7.96%), Fiber: 1.29g (5.16%), Potassium: 165.2mg (4.72%), Manganese: 0.06mg (3.09%), Vitamin A: 130IU (2.6%), Copper: 0.05mg (2.44%), Magnesium: 9.71mg (2.43%), Iron: 0.34mg (1.9%), Vitamin B6: 0.03mg (1.6%), Phosphorus: 15.38mg (1.54%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.38mg (1.34%), Vitamin B1: 0.02mg (1.12%)