

Citrus Tea Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

DESSERT

Ingredients

- ☐ 4 cups grapefruit juice (8 grapefruit)
- ☐ 1 cup orange juice fresh (2 oranges)
- ☐ 1 tablespoon orange rind grated
- ☐ 2 cups sugar
- ☐ 4 teaspoons loose tea black
- ☐ 2.3 cups water boiling

Equipment

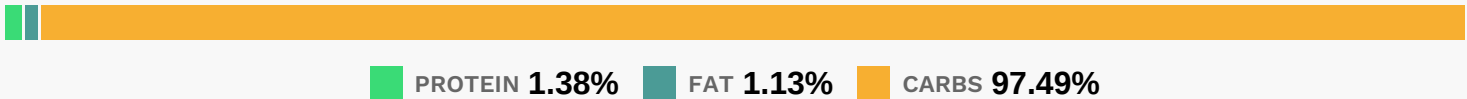
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Pour boiling water over tea bags in a large saucepan; steep 5 minutes.
- ☐ Remove and discard tea bags.
- ☐ Add sugar to pan; cook over medium heat 5 minutes or until sugar dissolves. Cool completely.
- ☐ Combine tea mixture, grapefruit juice, orange rind, and orange juice in 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:21.26, Glycemic Load:42.78, Inflammation Score:-3, Nutrition Score:4.0547826175942%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 261.46kcal (13.07%), Fat: 0.34g (0.53%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 66.05g (24.02%), Sugar: 65.48g (72.76%), Cholesterol: 0mg (0%), Sodium: 6.52mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin C: 48.26mg (58.5%), Potassium: 255.75mg (7.31%), Magnesium: 16.04mg (4.01%), Iron: 0.56mg (3.14%), Folate: 11.89µg (2.97%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.03mg (1.92%), Phosphorus: 18.41mg (1.84%), Vitamin B5: 0.18mg (1.81%), Calcium: 16.55mg (1.66%), Vitamin A: 73.41IU (1.47%), Copper: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.15%), Fiber: 0.26g (1.04%)