



## Citrusy Rhubarb Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



138 kcal

SIDE DISH

### Ingredients

- 0.5 cup orange juice fresh ( 2 large oranges)
- 1.3 pounds rhubarb chopped
- 0.7 cup sugar
- 1 cup water


### Equipment

- bowl
- sauce pan
- blender

## Directions

- Combine first 4 ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer for 20 minutes or until rhubarb is tender. Cool slightly.
- Place rhubarb mixture in a blender, and process until smooth.
- Pour into a bowl, and refrigerate for 2 hours or until thoroughly chilled.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.
- Place a freezer-safe bowl in a freezer for 10 minutes. Spoon sorbet into bowl; cover and freeze for 4 hours or until firm.
- Garnish with mint and rind, if desired.

## Nutrition Facts

 **PROTEIN 3.29%**  **FAT 2.24%**  **CARBS 94.47%**

## Properties

Glycemic Index:27.02, Glycemic Load:20.34, Inflammation Score:0, Nutrition Score:5.7369565238123%

## Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 137.64kcal (6.88%), Fat: 0.36g (0.56%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 32.2g (11.71%), Sugar: 29.94g (33.27%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin K: 33.25µg (31.67%), Vitamin C: 21.47mg (26.03%), Manganese: 0.23mg (11.34%), Potassium: 376.72mg (10.76%), Calcium: 101.94mg (10.19%), Fiber: 2.09g (8.36%), Magnesium: 16.81mg (4.2%), Folate: 15.38µg (3.84%), Vitamin A: 165.27IU (3.31%), Vitamin B1: 0.05mg (3%), Vitamin B2: 0.05mg (2.74%), Copper: 0.04mg (2.21%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.32mg (2.11%), Selenium: 1.43µg (2.05%), Phosphorus: 20.09mg (2.01%), Vitamin B6: 0.04mg (1.86%), Iron: 0.31mg (1.74%), Vitamin B5: 0.14mg (1.44%)