



Cranberry-Citrus Sorbet

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup orange juice fresh
- ☐ 2 tablespoons orange zest grated
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 3 cups roasted cranberry sauce leftover

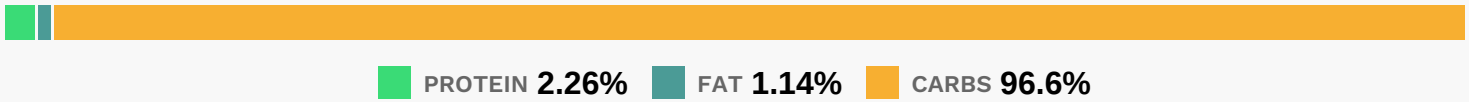
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ baking pan

Directions

- ☐ Bring all ingredients to simmer in heavy medium pot over medium-high heat. Cook until sugar is dissolved and mixture is heated through, about 5 minutes.
- ☐ Transfer mixture to 9x13-inch metal baking pan.
- ☐ Place pan in freezer. Freeze for 3 hours, stirring with spoon every hour to break up ice crystals. Scoop mixture into chilled bowls and serve.

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:8.01, Inflammation Score:-3, Nutrition Score:4.4900000846904%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg, Myricetin: 3.8mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 280.17kcal (14.01%), Fat: 0.38g (0.58%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 71.22g (23.74%), Net Carbohydrates: 69.22g (25.17%), Sugar: 56.86g (63.18%), Cholesterol: 0mg (0%), Sodium: 8.31mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Vitamin C: 33.95mg (41.15%), Vitamin E: 1.36mg (9.04%), Fiber: 2g (8.01%), Folate: 18.6µg (4.65%), Manganese: 0.09mg (4.63%), Vitamin B1: 0.07mg (4.41%), Potassium: 148.82mg (4.25%), Iron: 0.7mg (3.89%), Copper: 0.06mg (3.14%), Vitamin A: 151.59IU (3.03%), Vitamin B2: 0.05mg (2.88%), Vitamin B6: 0.05mg (2.54%), Magnesium: 9.26mg (2.31%), Vitamin K: 2µg (1.91%), Vitamin B3: 0.35mg (1.73%), Calcium: 14.91mg (1.49%), Phosphorus: 14.79mg (1.48%), Vitamin B5: 0.12mg (1.18%)