



Cranberry Sorbet

 Gluten Free

READY IN



285 min.

SERVINGS



8

CALORIES



134 kcal

Ingredients

- 3 cups reduced calorie cranberry juice cocktail divided
- 1 cup evaporated milk fat-free cold
- 1 pkg jell-o cranberry flavor gelatin sugar free (4-serving size)

Equipment

- food processor
- bowl
- frying pan
- sauce pan

Directions

- Bring 1-1/2 cups of the juice to boil in small saucepan. Stir into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in remaining 1-1/2 cups juice and milk.
- Pour into 13x9-inch pan. Freeze 1-1/2 hours or until frozen 1 inch from edges. Spoon mixture into food processor container; cover. Process until smooth.
- Pour into bowl; cover.
- Freeze 3 hours or until firm. Spoon or scoop into dessert dishes. Store leftover sorbet in freezer.

Nutrition Facts

PROTEIN 8.71% **FAT 16.32%** **CARBS 74.97%**

Properties

Glycemic Index:7.5, Glycemic Load:7.68, Inflammation Score:-2, Nutrition Score:4.2269564743923%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg 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: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 134.24kcal (6.71%), Fat: 2.48g (3.81%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 25.59g (9.3%), Sugar: 23.59g (26.22%), Cholesterol: 9.14mg (3.05%), Sodium: 84.8mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 40.73mg (49.37%), Calcium: 85.38mg (8.54%), Phosphorus: 79.88mg (7.99%), Vitamin B2: 0.1mg (6.11%), Potassium: 109.47mg (3.13%), Vitamin B5: 0.25mg (2.52%), Manganese: 0.05mg (2.43%), Selenium: 1.63µg (2.32%), Magnesium: 8.72mg (2.18%), Zinc: 0.27mg (1.81%), Vitamin E: 0.26mg (1.73%), Vitamin A: 82.88IU (1.66%), Copper: 0.03mg (1.35%), Vitamin K: 1.14µg (1.08%), Vitamin B1: 0.02mg (1.01%)