



Creamy Lime Sherbet

 **Gluten Free**

READY IN



35 min.

SERVINGS



16

CALORIES



162 kcal

DESSERT

Ingredients

- 8 drops drop natural food coloring green
- 2 cups half and half
- 3 ounces gelatin mix
- 6 ounces limeade concentrate frozen thawed canned
- 4 cups milk
- 1.3 cups sugar
- 1 cup water boiling

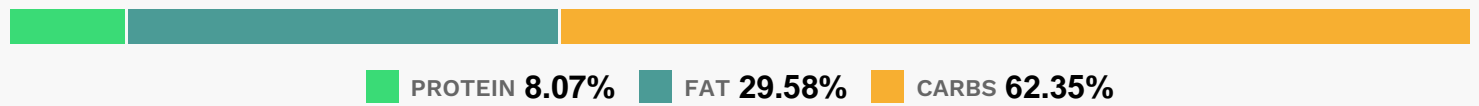
Equipment

bowl

Directions

- In a large bowl, dissolve gelatin in water. Stir in the sugar, limeade and salt until sugar is dissolved.
- Add remaining ingredients.
- Fill cylinder of ice cream freezer two-thirds full; freeze according to the manufacturer's directions. Refrigerate remaining mixture until ready to freeze. When sherbet is frozen, transfer to a freezer container; freeze for 2-4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:6.76, Glycemic Load:11.99, Inflammation Score:-2, Nutrition Score:3.0299999778685%

Nutrients (% of daily need)

Calories: 162.16kcal (8.11%), Fat: 5.48g (8.43%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 25.99g (9.45%), Sugar: 25.76g (28.62%), Cholesterol: 17.91mg (5.97%), Sodium: 67.62mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Calcium: 108.37mg (10.84%), Phosphorus: 97.95mg (9.79%), Vitamin B2: 0.15mg (8.73%), Vitamin B12: 0.39µg (6.45%), Vitamin D: 0.67µg (4.47%), Vitamin A: 205.9IU (4.12%), Potassium: 133.18mg (3.81%), Selenium: 2.59µg (3.7%), Vitamin B5: 0.32mg (3.17%), Vitamin B1: 0.04mg (2.91%), Magnesium: 10.81mg (2.7%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.37mg (2.48%)