



## Double Berry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

DESSERT

### Ingredients

- 6 ounce blackberries ()
- 1 tablespoon juice of lemon fresh (1 lemon)
- 6 ounce raspberries ()
- 0.5 cup sugar
- 1.3 cups water

### Equipment

- bowl
- sieve

blender

## Directions

- Combine all ingredients in a blender; process 30 seconds or until smooth. Press mixture through a fine sieve over a large bowl, reserving liquid; discard solids.
- Pour berry mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon berry mixture into a freezer-safe container; cover and freeze 2 hours or until firm.

## Nutrition Facts

 **PROTEIN 3.04%**  **FAT 3.52%**  **CARBS 93.44%**

## Properties

Glycemic Index:20.18, Glycemic Load:12.34, Inflammation Score:-3, Nutrition Score:3.9169565231904%

## Flavonoids

Cyanidin: 41.31mg, Cyanidin: 41.31mg, Cyanidin: 41.31mg, Cyanidin: 41.31mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 10.88mg, Catechin: 10.88mg, Catechin: 10.88mg, Catechin: 10.88mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 91.65kcal (4.58%), Fat: 0.38g (0.59%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 19.52g (7.1%), Sugar: 19.33g (21.48%), Cholesterol: 0mg (0%), Sodium: 3.22mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Manganese: 0.37mg (18.7%), Vitamin C: 14.35mg (17.39%), Fiber: 3.35g (13.41%), Vitamin K: 7.82µg (7.45%), Copper: 0.08mg (4.09%), Vitamin E: 0.58mg (3.88%), Folate: 13.54µg (3.39%), Magnesium: 12.55mg (3.14%), Potassium: 91.64mg (2.62%), Iron: 0.38mg (2.12%), Zinc: 0.28mg (1.85%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.17mg (1.75%), Calcium: 17.1mg (1.71%), Phosphorus: 14.66mg

(1.47%), Vitamin A: 70.17IU (1.4%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.02%)