

Earl Grey Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

54 kcal

DESSERT

Ingredients

- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.7 cup sugar
- ☐ 0.3 cup loose earl grey tea
- ☐ 2 cups water boiling

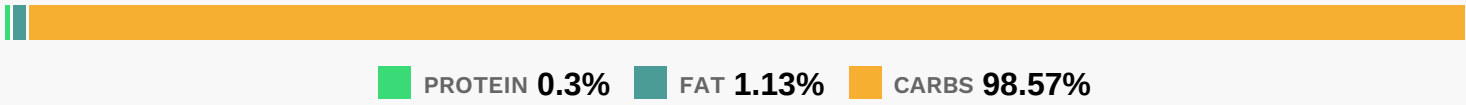
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Combine first 3 ingredients in a medium bowl; stir well. Cover and steep 5 minutes. Strain tea mixture through a fine sieve into a bowl; discard tea leaves. Stir lemon juice into tea; cover and chill.
- ☐ Pour tea into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze sorbet 3 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:0.45347825332504%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Theaflavin: 0.09mg, Theaflavin: 0.09mg, Theaflavin: 0.09mg, Theaflavin: 0.09mg Thearubigins: 4.8mg, Thearubigins: 4.8mg, Thearubigins: 4.8mg, Thearubigins: 4.8mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg, Theaflavin-3,3'-digallate: 0.1mg Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg, Theaflavin-3'-gallate: 0.09mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 54.08kcal (2.7%), Fat: 0.07g (0.11%), Saturated Fat: Og (0.03%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 14.1g (5.13%), Sugar: 13.61g (15.13%), Cholesterol: Omg (0%), Sodium: 2.8mg (0.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Vitamin C: 4.72mg (5.72%)