



## Rich, Tart Lemon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1041 kcal

DESSERT

### Ingredients

- ☐ 2 cups plus light (clear)
- ☐ 1 cup pepperoncini pepper juice fresh chilled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon vodka
- ☐ 1.5 cups water chilled filtered (preferably or distilled bottled)

### Equipment

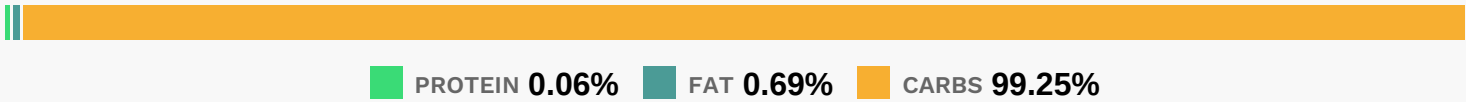
- ☐ bowl

- ☐ whisk
- ☐ ice cream machine

## Directions

- ☐ Whisk all ingredients except salt together in a bowl until thoroughly combined.
- ☐ Add salt to taste. If water and lemon juice are not chilled, chill in refrigerator until cold.
- ☐ Churn in ice cream machine according to manufacturer's instructions.
- ☐ Transfer to an airtight container and chill in freezer until firm, 2 to 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:37.38, Glycemic Load:55.37, Inflammation Score:1, Nutrition Score:2.7808695628267%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 1040.8kcal (52.04%), Fat: 0.85g (1.31%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 276.38g (92.13%), Net Carbohydrates: 275.81g (100.3%), Sugar: 273.94g (304.38%), Cholesterol: 0mg (0%), Sodium: 806.88mg (35.08%), Alcohol: 2.51g (100%), Alcohol %: 0.49% (100%), Protein: 0.17g (0.34%), Vitamin B1: 0.23mg (15.29%), Zinc: 1.55mg (10.35%), Calcium: 63.95mg (6.4%), Vitamin C: 4.99mg (6.04%), Manganese: 0.09mg (4.66%), Potassium: 133.65mg (3.82%), Selenium: 2.53µg (3.62%), Magnesium: 11.85mg (2.96%), Copper: 0.05mg (2.36%), Fiber: 0.57g (2.26%), Vitamin B2: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.37%)