



## Fresh Orange Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



128 min.

SERVINGS



12

CALORIES



117 kcal

DESSERT

### Ingredients

- 0.3 cup juice of lemon fresh ( 2 medium)
- 10 medium oranges
- 1 cup sugar
- 2.5 cups water

### Equipment

- bowl
- frying pan
- sauce pan

- sieve
- peeler

## Directions

- Carefully remove rind from 2 oranges using a vegetable peeler; discard white pith.
- Cut rind into 1 x 1/2-inch-thick strips.
- Cut peeled oranges in half; use a citrus reamer to squeeze juice from orange halves. Repeat with remaining oranges until juice measures 2 2/3 cups.
- Combine 2 1/2 cups water and sugar in a small saucepan; bring to a boil.
- Add rind strips to pan. Reduce heat; simmer for 5 minutes. Strain sugar mixture through a sieve over a bowl, reserving liquid; discard solids. Cool completely.
- Add orange juice and lemon juice to sugar mixture; stir well.
- Pour mixture into the freezer can of a tabletop ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 1 hour or until firm.
- Garnish with grated rind and mint sprigs, if desired.

## Nutrition Facts



**PROTEIN 3.34%** **FAT 1.44%** **CARBS 95.22%**

## Properties

Glycemic Index:9.38, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:5.9817392333694%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 30.73mg, Hesperetin: 30.73mg, Hesperetin: 30.73mg, Hesperetin: 30.73mg Naringenin: 16.82mg, Naringenin: 16.82mg, Naringenin: 16.82mg, Naringenin: 16.82mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 116.97kcal (5.85%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.31g (9.93%), Sugar: 27.01g (30.01%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 60.7mg (73.58%), Fiber: 2.64g (10.56%), Folate: 34.11µg (8.53%), Vitamin B1: 0.1mg (6.44%), Potassium: 204.91mg (5.85%), Vitamin A: 246.03IU (4.92%), Calcium: 45.72mg (4.57%), Vitamin B6: 0.07mg (3.43%), Copper: 0.06mg (2.96%), Magnesium: 11.82mg (2.95%), Vitamin B5: 0.28mg (2.82%), Vitamin B2: 0.05mg (2.81%), Phosphorus: 15.83mg (1.58%), Vitamin B3: 0.31mg (1.57%), Manganese: 0.03mg (1.44%), Vitamin E: 0.21mg (1.38%)