



Fresh Strawberry Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 1 quart strawberries hulled
- ☐ 1 cup sugar
- ☐ 2 cups water

Equipment

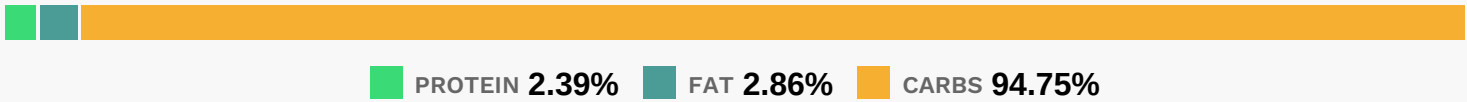
- ☐ food processor
- ☐ sauce pan

☐ ice cream machine

Directions

- ☐ Stir 2 cups water and sugar in heavy medium saucepan over high heat until sugar dissolves. Boil 5 minutes.
- ☐ Working in batches, puree strawberries in food processor until smooth.
- ☐ Add strawberry puree and orange and lemon juices to sugar syrup; stir to blend. Cover and refrigerate until cold, about 2 hours.
- ☐ Process strawberry mixture in ice cream maker according to manufacturer's instructions or place mixture in shallow container and freeze, stirring every hour until set, about 6 hours. (Can be made 3 days ahead. Cover and freeze in airtight container. If sorbet is frozen solid, place in refrigerator for 15 minutes to soften.)

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:27.58, Inflammation Score:-6, Nutrition Score:9.197826149671%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 3.61mg, Hesperetin: 3.61mg, Hesperetin: 3.61mg, Hesperetin: 3.61mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 187.99kcal (9.4%), Fat: 0.64g (0.98%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 47.68g (15.89%), Net Carbohydrates: 44.46g (16.17%), Sugar: 42.48g (47.2%), Cholesterol: 0mg (0%), Sodium: 6.13mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 104.88mg (127.12%), Manganese: 0.61mg (30.69%), Fiber: 3.22g (12.89%), Folate: 44.7µg (11.17%), Potassium: 283.5mg (8.1%), Magnesium: 23.62mg (5.91%), Copper: 0.1mg (4.94%), Vitamin B6: 0.09mg (4.29%), Phosphorus: 41.28mg (4.13%), Iron: 0.7mg (3.9%), Vitamin B1: 0.05mg (3.57%), Vitamin B3: 0.68mg (3.38%), Vitamin K: 3.48µg (3.32%), Vitamin E: 0.48mg (3.22%), Calcium: 30.26mg (3.03%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.25mg (1.64%), Selenium: 0.86µg (1.23%)