



Fresh Strawberry Sorbet with Shortbread Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons juice of lime fresh
- ☐ 6 servings shortbread cookies
- ☐ 18 ounces strawberries plus additional strawberries fresh whole hulled quartered for garnish
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

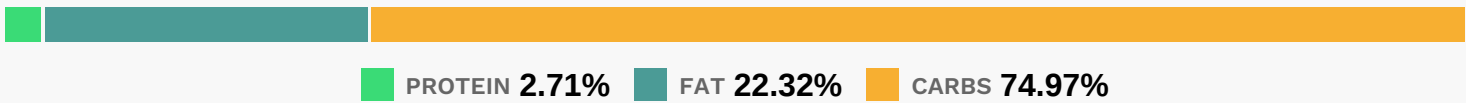
- ☐ bowl

- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Combine 1 cup water and sugar in medium saucepan. Stir over medium-high heat until sugar dissolves and mixture comes to boil. Reduce heat and simmer 5 minutes.
- ☐ Transfer to bowl and chill until cold.
- ☐ Puree quartered strawberries in processor until smooth.
- ☐ Add lime juice and sugar syrup; process until blended. Chill mixture until cold, about 1 hour.
- ☐ Transfer strawberry mixture to ice cream maker and process according to manufacturer's instructions. Spoon sorbet into container; cover and freeze until firm, about 4 hours. DO AHEAD Can be made 3 days ahead. Keep frozen.
- ☐ Scoop sorbet into individual glasses or bowls; garnish with strawberries.
- ☐ Serve Shortbread Cookies alongside.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:36.4, Inflammation Score:-4, Nutrition Score:7.5439130948937%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg, Pelargonidin: 21.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 301.34kcal (15.07%), Fat: 7.7g (11.85%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 58.23g (19.41%), Net Carbohydrates: 56.13g (20.41%), Sugar: 43.6g (48.44%), Cholesterol: 0mg (0%), Sodium: 102.15mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin C: 52.26mg (63.34%), Manganese: 0.45mg (22.54%), Folate: 43.84µg (10.96%), Fiber: 2.1g (8.38%), Vitamin B1: 0.12mg (8.08%), Vitamin B2: 0.11mg (6.71%), Iron: 1.21mg (6.7%), Vitamin E: 0.95mg (6.31%), Vitamin B3: 1.26mg (6.29%), Vitamin K: 5µg (4.76%), Potassium: 164.21mg (4.69%), Phosphorus: 39.94mg (3.99%), Magnesium: 15.97mg (3.99%), Copper: 0.08mg (3.83%), Selenium: 2.28µg (3.26%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.2mg (2%), Calcium: 19.81mg (1.98%), Zinc: 0.27mg (1.8%)