



## Frozen Lemon-Blueberry Sorbet



Gluten Free



Dairy Free



Low Fod Map

READY IN



255 min.

SERVINGS



15

CALORIES



48 kcal

DESSERT

### Ingredients

- 12 oz blueberries frozen
- 1 env. Knox gelatine unflavored
- 2 cups ice cubes
- 6 oz lemonade concentrate frozen thawed canned
- 0.3 cup sugar

### Equipment

- bowl
- blender

microwave

## Directions

- Sprinkle gelatine over lemonade concentrate in microwavable bowl; let stand 1 minute. Stir. Microwave on HIGH 45 seconds. Stir until gelatine is completely dissolved.
- Place blueberries and sugar in blender container.
- Add gelatine mixture; cover. Blend until pureed.
- Add ice cubes; cover. Blend on high speed until smooth and frosty.
- Serve immediately for a soft slush or cover and freeze at least 4 hours for a firmer sorbet.

## Nutrition Facts



## Properties

Glycemic Index:7.34, Glycemic Load:3.42, Inflammation Score:-1, Nutrition Score:1.0208695576243%

## Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Petunidin: 7.15mg, Petunidin: 7.15mg, Petunidin: 7.15mg, Petunidin: 7.15mg Delphinidin: 8.04mg, Delphinidin: 8.04mg, Delphinidin: 8.04mg, Delphinidin: 8.04mg Malvidin: 15.33mg, Malvidin: 15.33mg, Malvidin: 15.33mg, Malvidin: 15.33mg Peonidin: 4.6mg, Peonidin: 4.6mg, Peonidin: 4.6mg, Peonidin: 4.6mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 0.17g (0.25%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 11.69g (4.25%), Sugar: 10.63g (11.81%), Cholesterol: 0mg (0%), Sodium: 2.76mg (0.12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 3.69mg (4.47%), Vitamin K: 4.4µg (4.19%), Manganese: 0.08mg (3.89%), Fiber: 0.58g (2.31%), Copper: 0.02mg (1.06%)