



Frozen Sherbet Dessert



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



514 kcal

Ingredients



2 bananas firm sliced



10 ounce raspberries frozen



0.5 gallon pineapple sherbet

Equipment

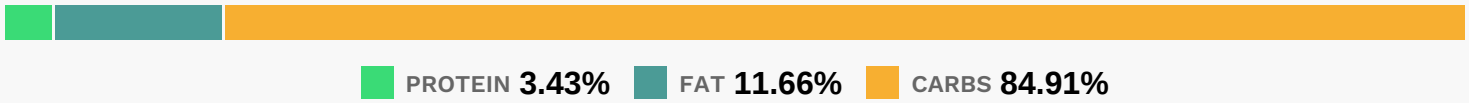


bowl

Directions

- ☐
- Place frozen raspberries in hot water for 5 minutes to thaw slightly. Empty sherbet into a large bowl. Stir in raspberries and bananas.
- ☐
- Place bowl, covered, in freezer until firm.

Nutrition Facts



Properties

Glycemic Index:21.96, Glycemic Load:51.83, Inflammation Score:-4, Nutrition Score:11.060434859732%

Flavonoids

Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg, Cyanidin: 21.63mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 513.83kcal (25.69%), Fat: 6.75g (10.38%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 110.49g (36.83%), Net Carbohydrates: 102.29g (37.2%), Sugar: 83.54g (92.82%), Cholesterol: 3.15mg (1.05%), Sodium: 145.97mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Fiber: 8.19g (32.78%), Vitamin C: 23.06mg (27.95%), Manganese: 0.46mg (22.87%), Vitamin B2: 0.35mg (20.74%), Calcium: 184.12mg (18.41%), Phosphorus: 148.54mg (14.85%), Potassium: 514.99mg (14.71%), Vitamin B6: 0.24mg (12.14%), Zinc: 1.77mg (11.81%), Magnesium: 46.25mg (11.56%), Vitamin B5: 0.99mg (9.93%), Copper: 0.16mg (8.08%), Folate: 30.41µg (7.6%), Vitamin B1: 0.11mg (7.5%), Selenium: 5.22µg (7.46%), Vitamin B12: 0.41µg (6.83%), Iron: 0.87mg (4.83%), Vitamin A: 185.87IU (3.72%), Vitamin B3: 0.74mg (3.71%), Vitamin K: 3.88µg (3.7%), Vitamin E: 0.48mg (3.21%)