



Fruit Sherbet

 Vegetarian  Gluten Free

READY IN



245 min.

SERVINGS



4

CALORIES



382 kcal

DESSERT

Ingredients

- 1 cup juice of lemon
- 1 cup milk
- 1 cup orange juice
- 0.5 cup pineapple juice
- 1.5 cups sugar

Equipment

Directions

- In a large pitcher, mix together the lemon juice and sugar. Stir in the orange juice, milk, and pineapple juice.
- Pour into a plastic container, and freeze until stiff.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:58.45, Inflammation Score:-4, Nutrition Score:7.5713041943053%

Flavonoids

Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg, Eriodictyol: 3.08mg Hesperetin: 16.24mg, Hesperetin: 16.24mg, Hesperetin: 16.24mg, Hesperetin: 16.24mg Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg, Naringenin: 2.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 382.3kcal (19.12%), Fat: 2.5g (3.84%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 92g (30.67%), Net Carbohydrates: 91.64g (33.32%), Sugar: 87.47g (97.19%), Cholesterol: 7.32mg (2.44%), Sodium: 25.75mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Vitamin C: 57.56mg (69.77%), Potassium: 318.18mg (9.09%), Folate: 36.11µg (9.03%), Calcium: 90.1mg (9.01%), Manganese: 0.17mg (8.51%), Vitamin B1: 0.12mg (8.11%), Phosphorus: 79.39mg (7.94%), Vitamin B2: 0.13mg (7.79%), Vitamin B6: 0.12mg (5.98%), Vitamin B12: 0.33µg (5.49%), Magnesium: 21.34mg (5.34%), Vitamin A: 227.96IU (4.56%), Vitamin D: 0.67µg (4.47%), Vitamin B5: 0.44mg (4.42%), Copper: 0.06mg (3.16%), Selenium: 1.76µg (2.52%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.43mg (2.13%), Iron: 0.3mg (1.68%), Fiber: 0.37g (1.46%), Vitamin E: 0.15mg (1.02%)