

Gin & tonic sorbet



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 400 g caster sugar
- ☐ 400 ml tonic water
- ☐ 4 tbsp hendrick's gin
- ☐ 1 lime zest
- ☐ 1 juice of lemon
- ☐ 1 egg white

Equipment

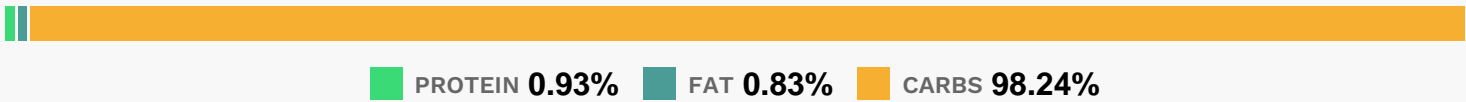
- ☐ food processor

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the sugar in a pan with 400ml water and warm over a low heat until dissolved. Increase the heat and boil for 1 min.
- ☐ Remove from the heat and allow to cool slightly.
- ☐ Pour the tonic water into a bowl, add the sugar syrup, then chill in the fridge until cold.
- ☐ Once the tonic mix is cold, add the gin, lime and lemon zests and juice, and pour into a container, then freeze until just frozen this will take about 2 hrs.
- ☐ Remove the just-frozen sorbet from the freezer and break up with a fork. Froth the egg white with a fork, then add both to a food processor and pulse to blitz together do it quickly so it doesnt actually start to melt.
- ☐ Pour the mix back into your container and freeze until solid. Freeze extra slices of lemons and limes on a tray until solid.
- ☐ Serve the sorbet scooped into glasses or small bowls topped with lemon and lime slices

Nutrition Facts



Properties

Glycemic Index:19.52, Glycemic Load:46.82, Inflammation Score:-1, Nutrition Score:0.82826087672425%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 286.82kcal (14.34%), Fat: 0.26g (0.39%), Saturated Fat: 0g (0.03%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 67.63g (24.59%), Sugar: 66.88g (74.32%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 3.34g (100%), Alcohol %: 2.57% (100%), Protein: 0.64g (1.28%), Vitamin C: 5.18mg (6.28%), Vitamin B2: 0.04mg (2.24%), Selenium: 1.45µg (2.07%), Copper: 0.03mg (1.33%), Fiber: 0.33g (1.31%)