



Grapefruit-Buttermilk Sherbet



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk whole
- ☐ 2 tablespoons grapefruit rind red finely chopped
- ☐ 1 cup grapefruit juice fresh red
- ☐ 1 cup sugar
- ☐ 2 tablespoons vodka
- ☐ 1 cup water

Equipment

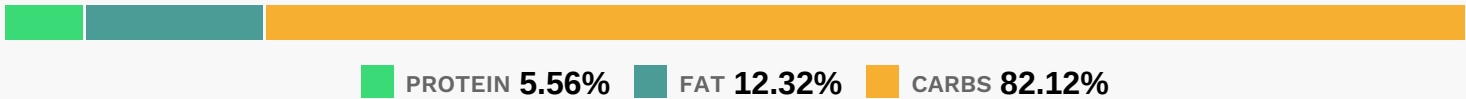
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 1 cup water to a boil in a small saucepan.
- ☐ Add rind to pan; reduce heat, and simmer for 2 minutes.
- ☐ Drain, reserving rind.
- ☐ Combine rind, sugar, and juice in pan; bring to a boil, stirring constantly until sugar dissolves. Reduce heat, and simmer 20 minutes.
- ☐ Remove from heat; pour into a bowl. Chill for 1 hour. Strain juice mixture, and discard solids.
- ☐ Combine the juice mixture, buttermilk, and vodka in the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:20, Inflammation Score:-2, Nutrition Score:2.826086960409%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.24kcal (7.86%), Fat: 2.1g (3.23%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 31.41g (11.42%), Sugar: 31.38g (34.86%), Cholesterol: 6.6mg (2.2%), Sodium: 65.36mg (2.84%), Alcohol: 1.25g (100%), Alcohol %: 1.05% (100%), Protein: 2.13g (4.26%), Vitamin C: 9.09mg (11.02%), Calcium: 73.31mg (7.33%), Vitamin B2: 0.11mg (6.43%), Phosphorus: 55.1mg (5.51%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.6%), Potassium: 134.32mg (3.84%), Selenium: 2.37µg (3.39%), Vitamin A: 143.58IU (2.87%), Vitamin B5: 0.27mg (2.67%), Magnesium: 9.58mg (2.39%), Vitamin B1: 0.03mg (2%), Zinc: 0.27mg (1.77%), Vitamin B6: 0.02mg (1.18%), Copper: 0.02mg (1.15%), Folate: 4.07µg (1.02%)