



Grapefruit-Ginger Sherbet

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



430 kcal

DESSERT

Ingredients

- 1 cup buttermilk
- 0.3 cup plus light
- 0.3 cup ginger fresh with juices grated peeled
- 1 tablespoon lime grated
- 3 cups grapefruit juice fresh divided
- 0.8 cup sugar
- 0.5 cup whipping cream

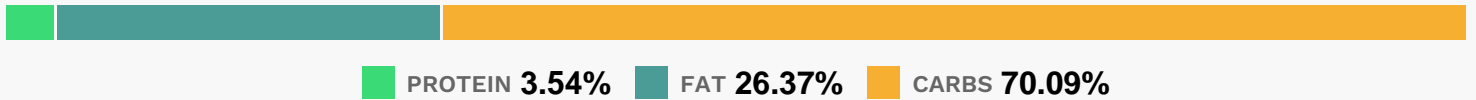
Equipment

- bowl
- sauce pan
- whisk
- ice cream machine

Directions

- Stir 1 cup grapefruit juice, sugar, ginger with juices, and grapefruit peel in heavy medium saucepan over medium-high heat until sugar dissolves. Bring to boil; remove from heat. Cool 30 minutes.
- Whisk corn syrup, then buttermilk into ginger mixture. Stir in remaining 2 cups juice. Strain mixture into large bowl, pressing on solids to extract juices. Process in ice cream maker according to manufacturer's instructions. When sherbet is softly set, gradually pour in cream. Process 5 minutes longer to blend well.
- Transfer sherbet to container; cover and freeze.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:39.68, Inflammation Score:-5, Nutrition Score:7.4734782291495%

Nutrients (% of daily need)

Calories: 429.96kcal (21.5%), Fat: 13.11g (20.18%), Saturated Fat: 8g (49.97%), Carbohydrates: 78.44g (26.15%), Net Carbohydrates: 77.99g (28.36%), Sugar: 77.22g (85.8%), Cholesterol: 40.22mg (13.41%), Sodium: 89.03mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Vitamin C: 50.03mg (60.64%), Potassium: 424.27mg (12.12%), Vitamin A: 549.47IU (10.99%), Calcium: 108.91mg (10.89%), Vitamin B2: 0.17mg (9.97%), Phosphorus: 89.94mg (8.99%), Vitamin D: 1.26µg (8.37%), Magnesium: 28.8mg (7.2%), Vitamin B12: 0.32µg (5.39%), Selenium: 3.54µg (5.06%), Vitamin B5: 0.5mg (4.98%), Iron: 0.82mg (4.57%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.65mg (3.28%), Vitamin B1: 0.05mg (3.27%), Vitamin E: 0.34mg (2.23%), Vitamin B6: 0.04mg (2.21%), Folate: 8.59µg (2.15%), Fiber: 0.46g (1.82%), Copper: 0.04mg (1.79%), Vitamin K: 1.14µg (1.08%)