



Grapefruit Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



21 kcal

Ingredients

- 1 tablespoon juice of lemon
- 1 strips orange rind from 2 oranges
- 1.5 cups grapefruit juice fresh red (3 medium grapefruit)
- 1.5 cups water

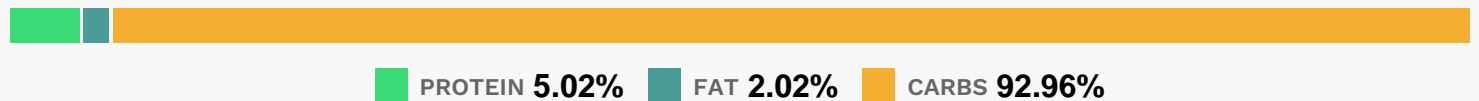
Equipment

- food processor
- sauce pan
- blender
- baking pan

Directions

- Combine water and sweetener in a saucepan; bring to a boil.
- Add orange rind; reduce heat, and simmer 5 minutes. Strain mixture, discarding rind. Cool completely.
- Add grapefruit juice and lemon juice to water mixture; stir well.
- Pour into a 9-inch square baking pan; cover and freeze until firm.
- Break frozen mixture into pieces.
- Add frozen mixture to a blender or food processor, in batches, and process until smooth but not thawed.
- Serve immediately.
- carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:1.0230434830908%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.89kcal (1.04%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 3.13mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin C: 12.8mg (15.51%), Potassium: 73.88mg (2.11%), Magnesium: 5.01mg (1.25%)