



Green Tea-Infused Citrus Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



13

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 0.5 cup juice of lemon fresh 2 lemons
- ☐ 1.5 teaspoons lemon rind 1 lemon
- ☐ 2.5 cups orange juice fresh 6 oranges
- ☐ 1.3 tablespoons orange rind 2 oranges
- ☐ 1.3 cups sugar
- ☐ 6 decaffeinated mandarin orange tea bags green such as Celestial Seasonings
- ☐ 2.5 cups water

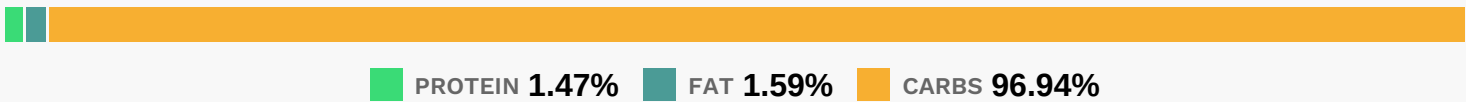
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine water and sugar in a small saucepan; bring sugar mixture to a boil.
- ☐ Add orange and lemon rind; reduce heat and simmer 3 minutes.
- ☐ Remove liquid from heat, and add tea bags; steep 5 minutes. Strain tea through a sieve into a bowl; discard citrus rind and tea bags. Cool tea mixture completely. Stir in orange juice and lemon juice.
- ☐ Pour citrus mixture into freezer can of an ice cream freezer. Freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:15.95, Inflammation Score:-2, Nutrition Score:2.5656521153515%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 98.23kcal (4.91%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 24.73g (8.99%), Sugar: 23.44g (26.05%), Cholesterol: 0mg (0%), Sodium: 3.07mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 28.56mg (34.62%), Folate: 16.39µg (4.1%), Vitamin B1: 0.05mg (3.07%), Potassium: 107.03mg (3.06%), Vitamin A: 98.49IU (1.97%), Magnesium: 6.43mg (1.61%), Copper: 0.03mg (1.59%), Vitamin B6: 0.02mg (1.24%), Vitamin B2: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.06%), Vitamin B3: 0.21mg (1.03%)