



WHATSheATE



Guanabana Sherbet with Tropical Fruit



Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 2 teaspoons juice of lime fresh
- ☐ 28 ounce pear puree frozen such as goya brand, thawed in refrigerator (3 cups) (soursop)
- ☐ 2 mangos
- ☐ 1 pound papaya
- ☐ 0.5 cup pomegranate seeds fresh
- ☐ 1.3 cups sugar
- ☐ 1.5 cups water divided

☐ 0.8 cup milk whole cold

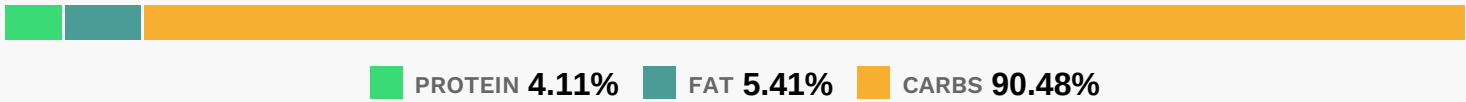
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Bring sugar and 1 1/4 cups water to a boil in a small saucepan, stirring until sugar has dissolved.
- ☐ Transfer syrup to a metal bowl and quick-chill by putting bowl in an ice bath and stirring occasionally until cold, about 5 minutes.
- ☐ Add remaining 1/4 cup water to saucepan and sprinkle gelatin over it, then let stand 1 minute to soften. Bring to a bare simmer, stirring until gelatin has dissolved.
- ☐ Add to syrup along with milk and guanabana purée.
- ☐ Freeze mixture in ice cream maker, then transfer to an airtight container and put in freezer to harden, about 2 hours.
- ☐ Peel, halve, and seed papayas, then cut into bite-size pieces. Peel and pit mangoes, then cut into bite-size pieces. Toss fruit with pomegranate seeds and lime juice and serve with slightly softened sherbet.
- ☐ Sherbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:36.73, Inflammation Score:-9, Nutrition Score:12.916956626851%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 259.5kcal (12.97%), Fat: 1.67g (2.58%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 59.19g (21.52%), Sugar: 58.83g (65.37%), Cholesterol: 2.74mg (0.92%), Sodium: 18.58mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 90.9mg (110.19%), Vitamin A: 2209.85IU (44.2%), Folate: 90.07µg (22.52%), Fiber: 3.79g (15.18%), Potassium: 417.5mg (11.93%), Copper: 0.23mg (11.5%), Vitamin B6: 0.22mg (11.17%), Vitamin E: 1.6mg (10.7%), Vitamin K: 9.57µg (9.12%), Magnesium: 31.63mg (7.91%), Vitamin B2: 0.12mg (6.88%), Manganese: 0.13mg (6.65%), Vitamin B3: 1.27mg (6.34%), Calcium: 59.2mg (5.92%), Phosphorus: 53.97mg (5.4%), Vitamin B5: 0.53mg (5.32%), Vitamin B1: 0.08mg (5.03%), Selenium: 2.12µg (3.03%), Iron: 0.44mg (2.42%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.25µg (1.68%)