



Guanabana Sorbet with Mango Lime Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

Ingredients



3 tablespoons juice of lime fresh to taste



8 servings lime zest



1.5 cups pear puree fresh frozen thawed (from)



28 oz pear puree frozen thawed (soursop) (3 cups)



1.5 cups sugar



1.8 cups water

Equipment



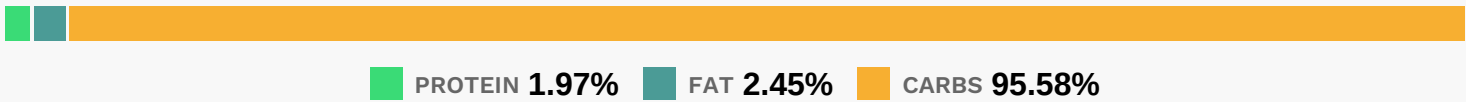
bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Bring sugar and 1 1/2 cups water to a boil in a 1 1/2- to 2-quart saucepan, stirring until sugar is dissolved, then reduce heat and simmer, uncovered, until reduced to about 2 cups, 3 to 5 minutes.
- ☐ Transfer syrup to a bowl and cool completely.
- ☐ Whisk together guanabana purée and 1 1/2 cups syrup, then freeze in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer to harden, about 2 hours.
- ☐ Blend mango purée, lime juice, 6 tablespoons of remaining syrup, and remaining 1/4 cup water in a blender until very smooth. Force through a fine-mesh sieve into a bowl, pressing on and then discarding solids, then whisk in zest and, if necessary, additional water for a thin purée.
- ☐ Serve sorbet with coulis.
- ☐ •Sorbet can be made 2 days ahead. •Coulis can be made 8 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:36.4, Inflammation Score:-8, Nutrition Score:8.5204346387283%

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: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 234.3kcal (11.72%), Fat: 0.68g (1.05%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 59.98g (19.99%), Net
Carbohydrates: 57.58g (20.94%), Sugar: 57.68g (64.09%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin C: 55.5mg (67.27%), Vitamin A: 1594.24IU
(31.88%), Folate: 63.87µg (15.97%), Fiber: 2.4g (9.61%), Vitamin E: 1.34mg (8.92%), Vitamin B6: 0.18mg (8.88%),
Copper: 0.18mg (8.81%), Potassium: 255.37mg (7.3%), Vitamin K: 6.22µg (5.92%), Vitamin B3: 0.99mg (4.97%),
Manganese: 0.1mg (4.76%), Magnesium: 15.73mg (3.93%), Vitamin B2: 0.06mg (3.77%), Vitamin B5: 0.3mg (2.99%),
Vitamin B1: 0.04mg (2.86%), Phosphorus: 21.55mg (2.16%), Calcium: 19.22mg (1.92%), Selenium: 1.12µg (1.6%), Iron:
0.27mg (1.47%)