



Hachiya Persimmon Cardamom Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1637 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons plus light
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 cup half and half
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 cups persimmon
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.7 cup water

☐ 1 cup milk whole

Equipment

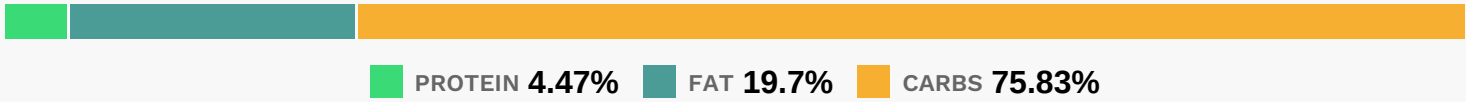
☐ sauce pan

☐ ice cream machine

Directions

- ☐ Bring sugar, water, corn syrup, and salt to a boil in a 1 1/2-quart saucepan, stirring until sugar is dissolved, then boil syrup until reduced to 3/4 cup, about 5 minutes. Stir in cardamom and cool completely.
- ☐ Stir together persimmon purée, cardamom syrup, milk, half-and-half, and lemon juice and chill, covered, until cold, at least 3 hours.
- ☐ Freeze mixture in ice cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ Persimmon milk can be chilled 1 day. Sherbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:182.09, Glycemic Load:179.59, Inflammation Score:-9, Nutrition Score:25.824782419464%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1637.26kcal (81.86%), Fat: 38.04g (58.52%), Saturated Fat: 21.56g (134.73%), Carbohydrates: 329.34g (109.78%), Net Carbohydrates: 329.24g (119.72%), Sugar: 170.41g (189.34%), Cholesterol: 113.98mg (37.99%), Sodium: 848.21mg (36.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Vitamin C: 318.4mg (385.94%), Calcium: 697.4mg (69.74%), Iron: 12.06mg (67.03%), Potassium: 2168.37mg (61.95%), Phosphorus: 600.61mg (60.06%), Vitamin B2: 0.83mg (49.03%), Vitamin B12: 1.78µg (29.62%), Vitamin A: 1252.56IU (25.05%), Selenium: 13.33µg (19.05%), Vitamin D: 2.68µg (17.89%), Vitamin B5: 1.62mg (16.23%), Vitamin B1: 0.22mg (14.93%), Magnesium: 56.44mg (14.11%), Zinc: 2.09mg (13.91%), Vitamin B6: 0.28mg (13.75%), Vitamin E: 0.74mg

(4.95%), Manganese: 0.09mg (4.51%), Vitamin K: 3.88µg (3.69%), Copper: 0.06mg (3.09%), Vitamin B3: 0.53mg (2.66%), Folate: 9.26µg (2.32%)