

Hibiscus Tea Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



2

CALORIES



389 kcal

DESSERT

Ingredients

- 1 tablespoon juice of lemon fresh
- 1 tablespoon juice of lime fresh
- 1 cup sugar
- 2 cups water

Equipment

- bowl
- sauce pan
- sieve

ice cream machine

Directions

- Bring water to a boil in a small saucepan. Stir in hibiscus and remove from heat, then let steep 15 minutes.
- Pour hibiscus tea through a fine-mesh sieve into a metal bowl, pressing hard on and then discarding solids. Return tea to saucepan and bring to a boil with sugar and a pinch of salt, stirring until sugar is dissolved.
- Transfer mixture to a metal bowl, then set bowl in a larger bowl of ice water and stir until cold, 10 to 15 minutes. 3Stir in lemon and lime juices and freeze in ice cream maker.
- Transfer sorbet to an airtight container and put in freezer to harden, at least 2 hours.
- *Available at Latino markets and Melissa Guerra (877-875-2665; melissaguerra.com; ask for flor de Jamaica, since it's sometimes mistranslated as "rosehip petals."

Nutrition Facts

PROTEIN 0.06% **FAT 0.76%** **CARBS 99.18%**

Properties

Glycemic Index:35.05, Glycemic Load:69.81, Inflammation Score:1, Nutrition Score:0.70217391492232%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 388.52kcal (19.43%), Fat: 0.34g (0.53%), Saturated Fat: 0g (0.02%), Carbohydrates: 100.75g (33.58%), Net Carbohydrates: 100.7g (36.62%), Sugar: 100.12g (111.24%), Cholesterol: 0mg (0%), Sodium: 13.05mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 5.15mg (6.25%), Copper: 0.05mg (2.4%), Vitamin B2: 0.02mg (1.25%)