

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



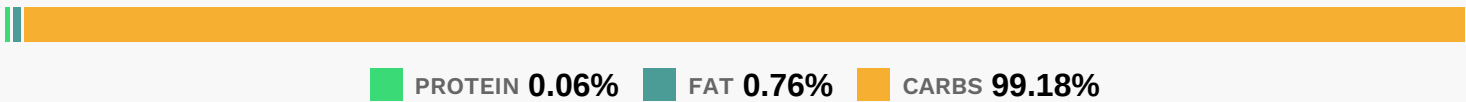
sieve

☐ 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



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: Og (0.02%), Carbohydrates: 100.75g (33.58%), Net Carbohydrates: 100.7g (36.62%), Sugar: 100.12g (111.24%), Cholesterol: Omg (0%), Sodium: 13.05mg (0.57%), Alcohol: Og (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%)