



Honeydew Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



283 kcal

DESSERT

Ingredients



4.5 cups wedges honeydew melon diced ()



0.5 cup juice of lime



2 tablespoons lime zest green grated (part only)



0.3 cup sugar

Equipment



food processor



bowl



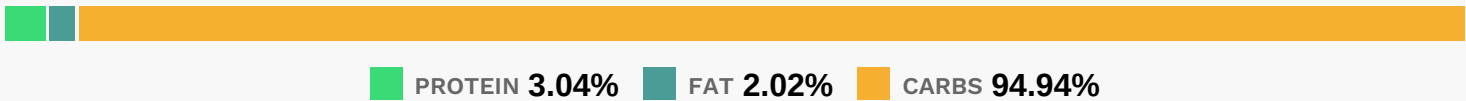
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- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a bowl, mash 1/3 cup sugar and lime peel with a spoon to release oils.
- ☐ Let stand 5 to 10 minutes.
- ☐ Stir 1/2 cup lime juice into sugar mixture.
- ☐ Pour mixture through a fine strainer into a blender or food processor; discard lime peel.
- ☐ Add melon, a portion at a time, and whirl until smooth. Return pure to bowl. Taste, and if desired, add more sugar and lime juice. Nest bowl in ice and stir often until mixture is cold, 5 to 10 minutes.
- ☐ Pour chilled pure into an ice cream maker (1-qt. or larger capacity). Freeze according to manufacturer's directions until sorbet is firm to scoop, dasher is hard to turn, or machine stops.
- ☐ Serve, or freeze airtight.
- ☐ To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- ☐ If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- ☐ For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:23.42, Inflammation Score:-6, Nutrition Score:11.636956411859%

Flavonoids

Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.32mg,
Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 8.01mg, Hesperetin: 8.01mg, Hesperetin:
8.01mg, Hesperetin: 8.01mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg
Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 282.96kcal (14.15%), Fat: 0.7g (1.07%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 73.69g (24.56%), Net Carbohydrates: 70.22g (25.54%), Sugar: 65.45g (72.72%), Cholesterol: 0mg (0%), Sodium: 70.51mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 88.75mg (107.57%), Potassium: 949.67mg (27.13%), Folate: 79.21µg (19.8%), Vitamin B6: 0.36mg (18.11%), Fiber: 3.47g (13.88%), Vitamin K: 11.49µg (10.94%), Magnesium: 43.45mg (10.86%), Vitamin B1: 0.16mg (10.82%), Vitamin B3: 1.7mg (8.48%), Vitamin B5: 0.68mg (6.8%), Manganese: 0.12mg (5.8%), Copper: 0.11mg (5.72%), Phosphorus: 51.63mg (5.16%), Vitamin A: 224.5IU (4.49%), Selenium: 2.96µg (4.23%), Iron: 0.76mg (4.21%), Vitamin B2: 0.06mg (3.68%), Calcium: 33.73mg (3.37%), Zinc: 0.4mg (2.68%), Vitamin E: 0.22mg (1.49%)