



Jalapeño-Mint Sherbet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



260 kcal

DESSERT

Ingredients

- 2 teaspoons crème de cassis liqueur white
- 2.3 cups cucumber diced peeled seeded (2 large)
- 0.3 cup mint leaves fresh loosely packed minced
- 2 jalapeño peppers cut in half lengthwise
- 1 teaspoon juice of lime
- 0.8 cup milk
- 3 servings garnish: mint sprigs fresh
- 0.3 teaspoon pepper freshly ground

- 0.3 teaspoon salt
- 0.8 cup sugar
- 0.8 cup water

Equipment

- sauce pan
- blender

Directions

- Bring sugar and 3/4 cup water to a boil in a saucepan, stirring constantly; remove from heat.
- Add pepper halves; let stand 1 hour. Discard pepper halves.
- Process cucumber in a blender until smooth.
- Add sugar syrup, milk, and next 5 ingredients; process until smooth.
- Pour into freezer container of a 4-quart electric freezer.
- Freeze according to manufacturer's instructions.
- Serve immediately, or store in freezer. (If stored in freezer, let stand at room temperature 10 to 15 minutes before serving.)
- Garnish, if desired.

Nutrition Facts



PROTEIN 4.36% **FAT 8.08%** **CARBS 87.56%**

Properties

Glycemic Index:62.36, Glycemic Load:36.34, Inflammation Score:-5, Nutrition Score:6.2830434363821%

Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 260.3kcal (13.02%), Fat: 2.37g (3.64%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 57.75g (19.25%), Net Carbohydrates: 56.36g (20.5%), Sugar: 56.01g (62.23%), Cholesterol: 7.32mg (2.44%), Sodium: 224.41mg (9.76%), Alcohol: 0.99g (100%), Alcohol %: 0.43% (100%), Protein: 2.88g (5.75%), Vitamin C: 16.27mg (19.72%), Calcium: 105.02mg (10.5%), Vitamin A: 474.78IU (9.5%), Vitamin K: 9.37µg (8.93%), Phosphorus: 88.95mg (8.89%), Manganese: 0.17mg (8.28%), Vitamin B2: 0.14mg (8.14%), Potassium: 282.54mg (8.07%), Vitamin B6: 0.13mg (6.72%), Magnesium: 25.5mg (6.38%), Fiber: 1.39g (5.55%), Folate: 22.09µg (5.52%), Vitamin B12: 0.33µg (5.49%), Copper: 0.11mg (5.49%), Vitamin B5: 0.52mg (5.17%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.67µg (4.47%), Zinc: 0.5mg (3.34%), Iron: 0.53mg (2.95%), Vitamin E: 0.4mg (2.67%), Selenium: 1.62µg (2.31%), Vitamin B3: 0.31mg (1.53%)