



Jasmine-Honey Sherbet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



121 kcal

DESSERT

Ingredients

- 0.8 cup half-and-half
- 0.8 cup honey
- 0.1 teaspoon juice of lemon
- 0.3 cup sugar
- 3.5 cups warm jasmine tea green brewed

Equipment

- bowl
- whisk

ice cream machine

Directions

- In a large bowl, whisk together the tea, half-and-half, honey, sugar, and lemon juice. Cover and chill until cold, at least 3 hours or up to 1 day.
- Freeze in an ice cream maker (at least 1 1/2-qt. capacity) according to manufacturer's instructions until machine stops or dasher is hard to turn.
- Transfer sorbet to an airtight container and freeze until firm, about 3 hours.

Nutrition Facts

PROTEIN 1.99% **FAT 14.63%** **CARBS 83.38%**

Properties

Glycemic Index:12.24, Glycemic Load:14.42, Inflammation Score:-4, Nutrition Score:1.3421739100114%

Flavonoids

Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg, Catechin: 1.25mg Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg, Epigallocatechin: 6.65mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg, Epicatechin 3-gallate: 4.84mg Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg, Epigallocatechin 3-gallate: 7.73mg Theaflavin: 1.31mg, Theaflavin: 1.31mg, Theaflavin: 1.31mg, Theaflavin: 1.31mg Thearubigins: 67.15mg, Thearubigins: 67.15mg, Thearubigins: 67.15mg, Thearubigins: 67.15mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg, Theaflavin-3,3'-digallate: 1.45mg Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg, Theaflavin-3'-gallate: 1.25mg Gallocatechin: 1.03mg, Gallocatechin: 1.03mg, Gallocatechin: 1.03mg, Gallocatechin: 1.03mg

Nutrients (% of daily need)

Calories: 121.16kcal (6.06%), Fat: 2.1g (3.24%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 26.91g (9.79%), Sugar: 26.62g (29.57%), Cholesterol: 6.35mg (2.12%), Sodium: 14.62mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.52mg (5.51%), Protein: 0.64g (1.29%), Manganese: 0.2mg (10.08%), Vitamin B2: 0.06mg (3.38%), Calcium: 21mg (2.1%), Potassium: 67.91mg (1.94%), Phosphorus: 19.09mg (1.91%), Folate: 5.2µg (1.3%), Vitamin A: 64.25IU (1.29%), Magnesium: 4.81mg (1.2%), Selenium: 0.81µg (1.16%)