



Juicy Watermelon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 3 cups water
- ☐ 4 cups watermelon cubed seeded
- ☐ 3 cups sugar white

Equipment

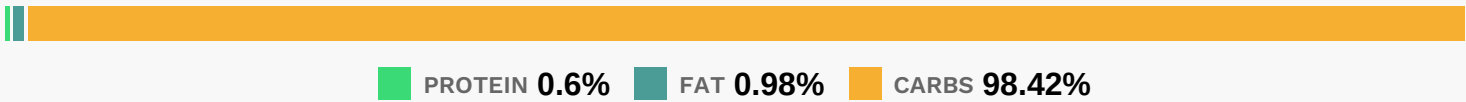
- ☐ food processor
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Heat water and sugar in a saucepan over medium-high heat until sugar has dissolved, stirring occasionally. Allow to cool.
- ☐ Place watermelon in a blender or food processor. Blend until smooth.
- ☐ Whisk watermelon, lime juice and syrup together in a large bowl. Cover and chill in the refrigerator.
- ☐ Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- ☐ Transfer sorbet to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, sorbet should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:56.42, Inflammation Score:-3, Nutrition Score:1.9026087156456%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 313.44kcal (15.67%), Fat: 0.36g (0.55%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 81.07g (27.02%), Net Carbohydrates: 80.74g (29.36%), Sugar: 79.69g (88.54%), Cholesterol: 0mg (0%), Sodium: 6.1mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 8.42mg (10.21%), Vitamin A: 436.22IU

(8.72%), Potassium: 95.47mg (2.73%), Copper: 0.05mg (2.67%), Magnesium: 9.09mg (2.27%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.18mg (1.77%), Manganese: 0.03mg (1.66%), Fiber: 0.33g (1.34%), Iron: 0.23mg (1.26%), Selenium: 0.76µg (1.09%)