



## Key Lime Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



274 kcal

DESSERT

## Ingredients

- 4 cups lime club soda flavored
- 3 servings kosher salt
- 1 lemon zest juiced
- 1 cup key lime preserves
- 1 lime zest juiced
- 1 cup sugar

## Equipment

- sauce pan

ice cream machine

## Directions

- Combine sugar, preserves and 1 cup of the soda in a medium saucepan and stir over low heat until sugar and preserves are melted.
- Add citrus juice and zest. Stir in the remaining soda, move to a clean, lidded container and chill thoroughly, 2 to 3 hours.
- Turn mixture in ice cream maker and process according to makers instructions or until mixture reaches the consistency of a firm slush. Return mixture to lidded container and harden in freezer 1 hour before serving.
- If sorbet is to be held frozen for longer than 2 hours, move from freezer to refrigerator for about half an hour before serving. If youd like a more assertive sorbet, double the amount of citrus zest.

## Nutrition Facts

PROTEIN 0.56% FAT 1% CARBS 98.44%

## Properties

Glycemic Index:44.7, Glycemic Load:47.88, Inflammation Score:-1, Nutrition Score:2.4130434989929%

## Flavonoids

Hesperetin: 23.36mg, Hesperetin: 23.36mg, Hesperetin: 23.36mg, Hesperetin: 23.36mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 273.91kcal (13.7%), Fat: 0.33g (0.5%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 70.69g (25.71%), Sugar: 67.54g (75.04%), Cholesterol: 0mg (0%), Sodium: 261.91mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 18.39mg (22.29%), Fiber: 1.73g (6.93%), Calcium: 37.17mg (3.72%), Copper: 0.06mg (3.05%), Zinc: 0.39mg (2.58%), Iron: 0.41mg (2.27%), Potassium: 66.3mg (1.89%), Magnesium: 6.72mg (1.68%), Vitamin B2: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.24%), Vitamin B1: 0.02mg (1.17%), Folate: 4.61µg (1.15%)