



## Key Lime Sorbet with Gingersnaps

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



71 kcal

DESSERT

### Ingredients

- 0.4 inch ginger fresh peeled
- 12 servings gingersnaps
- 0.5 cup juice of lime fresh ( 10 Key limes)
- 2 teaspoons lime rind grated
- 1 cup sugar
- 5 cups water

### Equipment

- bowl

sauce pan

sieve

## Directions

- Combine first 3 ingredients in a large nonaluminum saucepan; bring to a boil.
- Add lime rind, and cook over low heat 10 minutes, stirring occasionally. Strain mixture through a sieve into a bowl, reserving the sugar mixture. Discard solids. Cool sugar mixture completely. Stir in lime juice.
- Pour the juice mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 2 hours or until firm.
- Serve with Gingersnaps.

## Nutrition Facts

PROTEIN 0.56% FAT 1.93% CARBS 97.51%

## Properties

Glycemic Index:9.76, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:0.49043478104083%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 71.12kcal (3.56%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 18.22g (6.62%), Sugar: 17.01g (18.9%), Cholesterol: 0mg (0%), Sodium: 10.88mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 3.13mg (3.8%), Copper: 0.02mg (1.17%)