

Kiwano, Banana, and Pineapple Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



161 kcal

DESSERT

Ingredients

- 2 tablespoons agave nectar (may not be necessary if you use other fruit juice)
- 2 banana frozen
- 1 fruit cocktail in juice
- 1 cup pineapple chunks fresh frozen

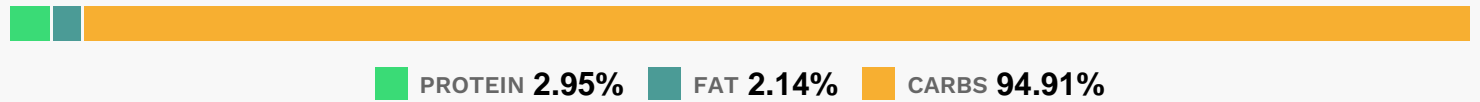
Equipment

- food processor
- bowl

Directions

- Put the frozen fruit in a food processor and allow it to thaw for about 10 minutes.
- Mix the agave nectar with the kiwano juice. Start up the food processor and pulse to chop the fruit thoroughly.
- Add the juice-agave mixture and process, scraping down the sides of the processor if necessary, until smooth and creamy.
- Serve immediately in the shells of the kiwano or in small bowls.
- Serves 2-3.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:10.32, Inflammation Score:-3, Nutrition Score:5.7539130656616%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 160.88kcal (8.04%), Fat: 0.41g (0.63%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 37.84g (13.76%), Sugar: 30.4g (33.77%), Cholesterol: 0mg (0%), Sodium: 2.15mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin C: 16.64mg (20.17%), Vitamin B6: 0.38mg (19.03%), Fiber: 3.1g (12.4%), Potassium: 380.31mg (10.87%), Manganese: 0.21mg (10.67%), Magnesium: 33.23mg (8.31%), Vitamin B1: 0.12mg (8.13%), Copper: 0.15mg (7.35%), Folate: 23.88µg (5.97%), Vitamin B2: 0.1mg (5.71%), Vitamin B3: 0.84mg (4.22%), Vitamin K: 4.1µg (3.9%), Vitamin B5: 0.26mg (2.63%), Iron: 0.44mg (2.44%), Phosphorus: 22.99mg (2.3%), Selenium: 1.34µg (1.91%), Vitamin A: 89.78IU (1.8%), Calcium: 16.72mg (1.67%), Vitamin E: 0.23mg (1.54%), Zinc: 0.2mg (1.32%)