

Kiwi-Lime Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



240 min.

SERVINGS



3

CALORIES



367 kcal

DESSERT

Ingredients

- 1.8 pounds kiwi fruit peeled (8)
- 0.5 cup limeade concentrate frozen
- 0.8 cup sugar

Equipment

- ice cream machine

Directions

- Puree all ingredients in processor.
- Process in ice cream maker according to manufacturer's instructions.
- Transfer to container, cover, and freeze until solid, at least 3 hours. (Can be made 2 days ahead.
- Let stand at room temperature 30 minutes before serving.)

Nutrition Facts

PROTEIN 2.85%

FAT 3.03%

CARBS 94.12%

Properties

Glycemic Index:40.92, Glycemic Load:50.23, Inflammation Score:-7, Nutrition Score:16.824347765549%

Flavonoids

Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 367.37kcal (18.37%), Fat: 1.32g (2.04%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 92.52g (30.84%), Net Carbohydrates: 84.58g (30.76%), Sugar: 79.15g (87.94%), Cholesterol: 0mg (0%), Sodium: 14.96mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Vitamin C: 198.93mg (241.13%), Vitamin K: 106.63µg (101.55%), Fiber: 7.94g (31.75%), Vitamin E: 3.44mg (22.93%), Copper: 0.36mg (18.23%), Folate: 69.21µg (17.3%), Potassium: 529.02mg (15.11%), Manganese: 0.26mg (13.09%), Magnesium: 43.16mg (10.79%), Calcium: 93.93mg (9.39%), Phosphorus: 90.37mg (9.04%), Vitamin B6: 0.16mg (8.15%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.49mg (4.89%), Vitamin B1: 0.07mg (4.82%), Vitamin A: 230.2IU (4.6%), Vitamin B2: 0.08mg (4.52%), Iron: 0.66mg (3.67%), Zinc: 0.38mg (2.53%), Selenium: 0.87µg (1.24%)