



Kiwi Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



276 kcal

DESSERT

Ingredients



0.8 cup superfine granulated sugar



2 pounds tender kiwifruit green ripe

Equipment



food processor

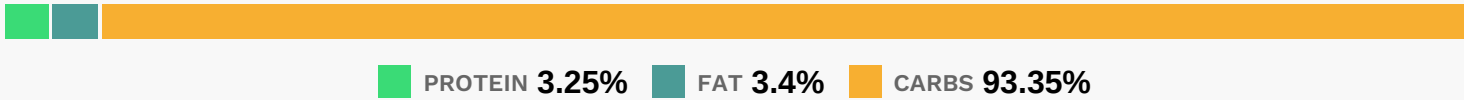


ice cream machine

Directions

- ☐ Peel and chop kiwis, then pulse with sugar in a food processor until smooth. Chill until cold, about 1 hour.
- ☐ Freeze in ice cream maker, then transfer to an airtight container and put in freezer to firm up, at least 1 hour.
- ☐ Kiwi can be ripened by storing in a sealed paper bag with a banana.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:39.32, Inflammation Score:-7, Nutrition Score:15.047391383544%

Flavonoids

Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 275.92kcal (13.8%), Fat: 1.12g (1.72%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 69.1g (23.03%), Net Carbohydrates: 62.3g (22.65%), Sugar: 57.81g (64.24%), Cholesterol: 0mg (0%), Sodium: 11.71mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin C: 169.42mg (205.35%), Vitamin K: 91.4µg (87.05%), Fiber: 6.8g (27.22%), Vitamin E: 2.95mg (19.66%), Copper: 0.31mg (15.33%), Folate: 58.97µg (14.74%), Potassium: 449.81mg (12.85%), Manganese: 0.22mg (11.19%), Magnesium: 36.29mg (9.07%), Calcium: 79.75mg (7.98%), Phosphorus: 77.11mg (7.71%), Vitamin B6: 0.14mg (6.92%), Vitamin B3: 0.84mg (4.2%), Vitamin B5: 0.41mg (4.15%), Vitamin B1: 0.06mg (4.08%), Vitamin A: 197.31IU (3.95%), Vitamin B2: 0.06mg (3.75%), Iron: 0.56mg (3.13%), Zinc: 0.32mg (2.14%)