



## Lemon Affogato

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

### Ingredients

- 2 cups lemon sorbet whole (such as Edy's Fruit Sorbet)
- 20 raspberries fresh
- 1 cup lemon sparkling water chilled (such as Perrier)

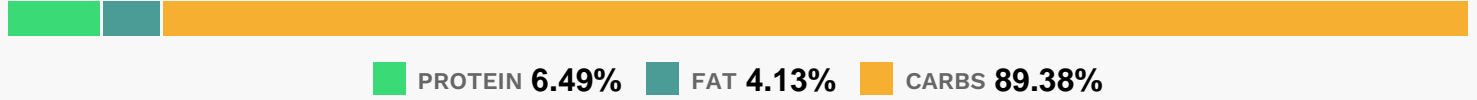
### Equipment

- bowl

### Directions

- Spoon 1/2 cup sorbet into each of 4 small bowls or glasses; freeze 15 minutes.
- Pour 1/4 cup sparkling water over each serving; top each with 5 raspberries.
- Garnish each with a mint sprig, if desired.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:6.5, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.97739130477219%

### Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 108.12kcal (5.41%), Fat: 0.48g (0.74%), Saturated Fat: 0g (0.01%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 21.12g (7.68%), Sugar: 16.21g (18.01%), Cholesterol: 0mg (0%), Sodium: 68.13mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Fiber: 2.23g (8.91%), Manganese: 0.07mg (3.38%), Vitamin C: 2.62mg (3.18%)