

Lemon-Basil Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



176 kcal

DESSERT

Ingredients



0.5 cup light-colored corn syrup



3 cups basil leaves fresh loosely packed



2 cups juice of lemon fresh (2 pounds lemons)



1.5 cups sugar



1.5 cups water

Equipment



bowl



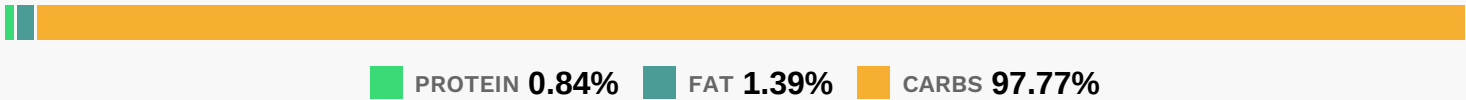
sauce pan

☐ sieve

Directions

- ☐ Combine first 4 ingredients in a saucepan. Bring to a boil; cook 3 minutes or until sugar dissolves.
- ☐ Remove from heat; chill. Strain basil mixture through a sieve into a bowl, pressing basil with the back of a spoon to remove as much liquid as possible. Discard basil.
- ☐ Combine sugar mixture and juice.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Remove sorbet from freezer 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:23.48, Inflammation Score:-4, Nutrition Score:3.849130353202%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 176.14kcal (8.81%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 46.27g (16.83%), Sugar: 44.29g (49.21%), Cholesterol: 0mg (0%), Sodium: 13.42mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 29.88µg (28.46%), Vitamin C: 20.18mg (24.46%), Vitamin A: 382.73IU (7.65%), Manganese: 0.09mg (4.49%), Folate: 14.66µg (3.66%), Copper: 0.04mg (2.17%), Potassium: 72.27mg (2.06%), Magnesium: 8.06mg (2.02%), Calcium: 19.25mg (1.93%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.61%), Iron: 0.28mg (1.57%), Zinc: 0.16mg (1.1%), Vitamin B2: 0.02mg (1.09%), Fiber: 0.26g (1.05%)