



## Lemon Buttermilk Sherbet with Orange-Scented Berries

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

DESSERT

### Ingredients

- 2 tablespoons juice of lemon
- 1 tablespoon lemon rind, grated
- 2 cups buttermilk, low-fat
- 1 cup vanilla yogurt, low-fat
- 6 mint sprigs
- 1.5 cups poached berries, mixed (such as raspberries, blueberries, or blackberries)
- 1 teaspoon orange rind, grated

- 3 tablespoons liqueur orange-flavored (such as Triple Sec)
- 0.5 cup sugar
- 1 cup water

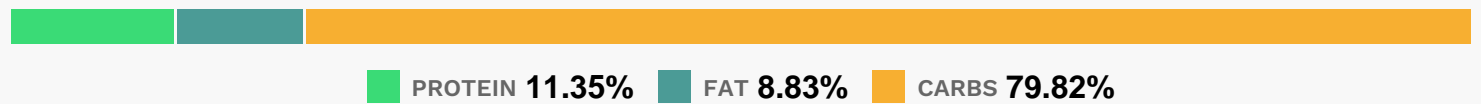
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- To prepare sherbet, combine sugar and 1 cup water in a small saucepan; bring to a boil over medium-high heat. Cook until sugar dissolves, stirring frequently.
- Transfer syrup to a large bowl; cool.
- Add buttermilk, yogurt, lemon rind, and juice, stirring with a whisk.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sherbet into a freezer-safe container; cover and freeze 30 minutes or until firm.
- Combine liqueur and orange rind in a small bowl; let stand 20 minutes.
- Serve with sherbet and berries.
- Garnish with mint.

## Nutrition Facts



## Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:5.1939130399538%

## Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg

0.18mg, Peonidin: 0.18mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg  
Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.07mg,  
Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin:  
0.06mg, Apigenin: 0.06mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol:  
0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg,  
Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## **Nutrients (% of daily need)**

Calories: 180.43kcal (9.02%), Fat: 1.69g (2.6%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 34.44g (11.48%), Net  
Carbohydrates: 33.15g (12.06%), Sugar: 32.42g (36.02%), Cholesterol: 5.24mg (1.75%), Sodium: 148.31mg (6.45%),  
Alcohol: 2.98g (100%), Alcohol %: 1.64% (100%), Protein: 4.9g (9.8%), Calcium: 171.68mg (17.17%), Vitamin B2:  
0.23mg (13.37%), Phosphorus: 131.91mg (13.19%), Vitamin C: 6.09mg (7.38%), Potassium: 244.63mg (6.99%),  
Vitamin B12: 0.39µg (6.54%), Vitamin K: 6.48µg (6.17%), Selenium: 3.75µg (5.36%), Fiber: 1.28g (5.13%), Vitamin B5:  
0.51mg (5.09%), Zinc: 0.72mg (4.83%), Magnesium: 18.99mg (4.75%), Vitamin B1: 0.06mg (3.98%), Vitamin B6:  
0.07mg (3.72%), Manganese: 0.07mg (3.66%), Folate: 13.57µg (3.39%), Vitamin A: 117.66IU (2.35%), Copper:  
0.04mg (1.98%), Vitamin E: 0.25mg (1.63%), Vitamin B3: 0.32mg (1.6%), Iron: 0.21mg (1.18%)