



Lemon Mint Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

Ingredients

- 3 cups water
- 2 cups sugar
- 3 large lemon zest
- 1.5 cups mint leaves fresh divided finely minced
- 1.5 cups juice of lemon fresh
- 0.5 cup limoncello
- 0.1 teaspoon kosher salt

Equipment

- whisk
- pot
- ice cream machine

Directions

- Pour the water, sugar and lemon zest into a pot over medium high heat until the sugar has completely dissolved, stirring occasionally.
- Remove from heat, stir in the mint and set aside.
- As the simple syrup steeps, whisk together the lemon juice, limoncello and salt.
- Pour into the minted simple syrup and allow to cool completely. Chill for at least 3 hours, but preferably overnight.
- Once the liquid has chilled, pour it into the frozen base of your ice cream maker, cover with the lid and churn for 20–30 minutes or until the mixture thickens.
- Put the base into the freezer for another hour or two to harden as desired.

Nutrition Facts

■ PROTEIN **0.83%**
■ FAT **1.3%**
■ CARBS **97.87%**

Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:3.224347826087%

Flavonoids

Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg Hesperetin: 7.48mg, Hesperetin: 7.48mg, Hesperetin: 7.48mg, Hesperetin: 7.48mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Taste

Sweetness: 100%, Saltiness: 16.51%, Sourness: 82.93%, Bitterness: 71.67%, Savoriness: 7.62%, Fattiness: 6.39%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 263.12kcal (13.16%), Fat: 0.36g (0.55%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 60.3g (20.1%), Net Carbohydrates: 59.25g (21.54%), Sugar: 56.82g (63.13%), Cholesterol: 0mg (0%), Sodium: 44.48mg (1.93%), Alcohol: 4.73g (26.3%), Protein: 0.51g (1.02%), Vitamin C: 23.29mg (28.23%), Vitamin A: 362.3IU (7.25%), Manganese: 0.11mg (5.34%), Folate: 19.06µg (4.77%), Fiber: 1.05g (4.2%), Calcium: 29.45mg (2.94%), Potassium: 99.74mg (2.85%), Iron: 0.51mg (2.83%), Copper: 0.05mg (2.74%), Magnesium: 10.72mg (2.68%), Vitamin B2: 0.04mg (2.39%), Vitamin B6: 0.04mg (1.79%), Vitamin B1: 0.02mg (1.28%), Phosphorus: 10.09mg (1.01%)