



Lemon Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



70 kcal

DESSERT

Ingredients

- 0.5 cup carbonated mineral water
- 0.5 cup juice of lemon
- 1 lemon's peel diced finely
- 6 strips lemon zest for garnish
- 0.5 cup sugar
- 1 cup water

Equipment

- bowl

- sauce pan
- whisk
- ice cream machine

Directions

- In a saucepan, stir together the diced lemon peel, 1 cup of water and sugar. Bring to a boil, then reduce heat to medium and simmer for 5 minutes.
- Remove from the heat, and allow to cool.
- In a pitcher or bowl, stir together the lemon syrup with peel, lemon juice and mineral water.
- Pour into an ice cream maker, and freeze according to the manufacturer's instructions.
- Garnish each serving with a twist of lemon peel.
- If you do not have an ice cream maker, you may freeze it in a tall canister. Freeze for 1 1/2 hours.
- Remove and stir with a whisk. Return to the freezer and stir about once every hour for about 4 hours. The more times you stir, the more air will be incorporated, resulting in a lighter finished product.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:0.89608696200277%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 69.58kcal (3.48%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.32g (6.11%), Net Carbohydrates: 18.05g (6.56%), Sugar: 17.23g (19.14%), Cholesterol: 0mg (0%), Sodium: 2.66mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 10.45mg (12.67%), Fiber: 0.27g (1.09%), Folate: 4.33µg (1.08%)