



Lemon Sorbet and Raspberry Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients



1 tablespoon balsamic vinegar



1.5 cups juice of lemon fresh



1.5 teaspoons lemon rind grated



1 cup orange juice fresh



6 medium peaches pitted very ripe unpeeled halved



2 cups raspberries



0.3 cup sugar



0.8 cup sugar

☐ 1 cup water

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ sieve

☐ baking pan

Directions

☐ Combine water and 3/4 cup sugar in a small saucepan; stir well. Bring to a boil, and cook 1 minute or until sugar dissolves, stirring constantly.

☐ Pour into an 11 x 7-inch baking dish, and chill.

☐ Place 2 cups raspberries, 1/3 cup sugar, and vinegar in a food processor, and process until smooth. Strain through a sieve into a bowl; discard seeds. Cover raspberry mixture, and chill.

☐ Add lemon juice and orange juice to chilled sugar syrup in baking dish; stir with a wire whisk until blended. Freeze 4 hours or until firm.

☐ Place peach halves, skin sides up, on a jelly-roll pan.

☐ Bake at 450 for 4 minutes.

☐ Let cool, and peel off skins.

☐ Place 1 1/2 tablespoons raspberry mixture in each of 6 dessert dishes; top with 2/3 cup sorbet and 2 peach halves.

☐ Sprinkle with lemon rind.

☐ Garnish with raspberries and mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:51.41, Glycemic Load:33.38, Inflammation Score:0, Nutrition Score:10.254782531572%

Flavonoids

Cyanidin: 21.19mg, Cyanidin: 21.19mg, Cyanidin: 21.19mg, Cyanidin: 21.19mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg Eriodictyol: 3.05mg, Eriodictyol: 3.05mg, Eriodictyol: 3.05mg, Eriodictyol: 3.05mg Hesperetin: 13.77mg, Hesperetin: 13.77mg, Hesperetin: 13.77mg, Hesperetin: 13.77mg Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 257.43kcal (12.87%), Fat: 1.01g (1.56%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 64.92g (21.64%), Net Carbohydrates: 59.75g (21.73%), Sugar: 55.82g (62.02%), Cholesterol: 0mg (0%), Sodium: 23.9mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 61.55mg (74.6%), Fiber: 5.17g (20.67%), Manganese: 0.38mg (18.88%), Vitamin A: 588.78IU (11.78%), Potassium: 393.41mg (11.24%), Folate: 42.06µg (10.52%), Vitamin E: 1.55mg (10.35%), Copper: 0.19mg (9.55%), Vitamin B3: 1.67mg (8.36%), Magnesium: 29.8mg (7.45%), Vitamin K: 7.66µg (7.3%), Vitamin B1: 0.1mg (6.73%), Phosphorus: 57.07mg (5.71%), Iron: 0.96mg (5.33%), Vitamin B2: 0.09mg (5.32%), Vitamin B6: 0.1mg (5.25%), Vitamin B5: 0.52mg (5.21%), Selenium: 3.55µg (5.07%), Zinc: 0.58mg (3.83%), Calcium: 27.14mg (2.71%)