



Lemonade Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 1.5 cups water cold
- ☐ 1 cup lemonade concentrate frozen thawed () (from 12-oz can)
- ☐ 3 tablespoons honey
- ☐ 1 slices optional: lemon
- ☐ 1 serving blueberries

Equipment

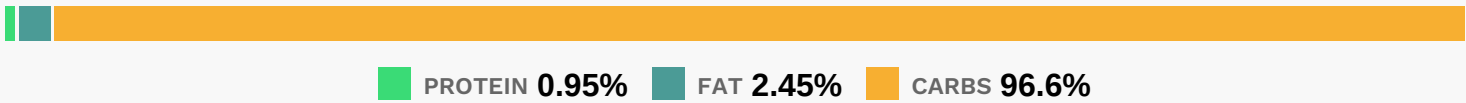
- ☐ food processor
- ☐ blender

☐ glass baking pan

Directions

- ☐ In blender or food processor, place water, lemonade concentrate and honey. Cover; blend on low speed until smooth.
- ☐ Pour into 8-inch square glass baking dish.
- ☐ Freeze about 4 hours until firm, stirring several times to keep mixture smooth.
- ☐ Garnish with lemon slices and blueberries.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:8.59, Inflammation Score:-2, Nutrition Score:2.4504347741604%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 185.41kcal (9.27%), Fat: 0.54g (0.83%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 46.87g (17.05%), Sugar: 42.98g (47.76%), Cholesterol: 0mg (0%), Sodium: 9.61mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 12.34mg (14.96%), Manganese: 0.15mg (7.26%), Vitamin K: 7.26µg (6.91%), Fiber: 1.15g (4.58%), Copper: 0.05mg (2.46%), Potassium: 81.68mg (2.33%), Magnesium: 7.7mg (1.93%), Vitamin B6: 0.04mg (1.81%), Vitamin E: 0.27mg (1.78%), Vitamin B1: 0.03mg (1.75%), Folate: 6.87µg (1.72%), Iron: 0.23mg (1.3%), Vitamin B5: 0.13mg (1.28%), Vitamin B2: 0.02mg (1.26%), Vitamin B3: 0.24mg (1.2%), Calcium: 10.42mg (1.04%)