

Lime Basil Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

DESSERT

Ingredients



0.8 cup basil leaves packed coarsely chopped



0.5 cup light-colored corn syrup



2 cups juice of lime fresh divided (15 limes)



1 tablespoon lime rind grated



1.5 cups sugar



2 cups water

Equipment



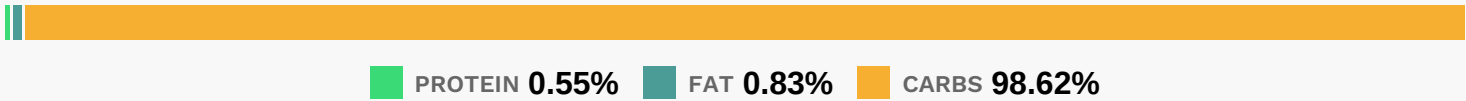
bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine sugar, 1 cup juice, and corn syrup in a medium saucepan over medium-high heat. Cook 2 minutes or until sugar melts, stirring constantly. Stir in basil. Cook 30 seconds.
- ☐ Remove from heat.
- ☐ Pour mixture into a bowl.
- ☐ Add remaining 1 cup juice, 2 cups water, and 1 tablespoon rind. Cover and chill. Strain mixture through a fine sieve; discard solids.
- ☐ Pour mixture into a freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon mixture into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Garnish with finely grated rind, if desired.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:29.32, Inflammation Score:-2, Nutrition Score:2.519999993884%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 220.56kcal (11.03%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 58.65g (21.33%), Sugar: 54.83g (60.93%), Cholesterol: 0mg (0%), Sodium: 17.86mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 18.77mg (22.76%), Vitamin K: 9.7µg (9.24%), Vitamin A: 149.31IU (2.99%), Potassium: 79.15mg (2.26%), Vitamin B1: 0.03mg (1.91%), Manganese: 0.04mg (1.91%), Folate: 7.64µg (1.91%), Copper: 0.04mg (1.88%), Magnesium: 7.13mg (1.78%), Calcium: 17.62mg (1.76%), Vitamin B6: 0.03mg (1.34%), Fiber: 0.3g (1.2%), Zinc: 0.17mg (1.14%), Vitamin B2: 0.02mg (1.06%), Vitamin E: 0.15mg (1.02%)