



Limoncello-Spiked Raspberry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



145 min.

SERVINGS



10

CALORIES



79 kcal

DESSERT

Ingredients

- 10 servings thyme sprigs fresh chopped
- 10 servings granulated sugar
- 10 servings lemon zest freshly grated
- 10 servings lemon zest
- 10 servings raspberries fresh
- 10 servings water

Equipment

- sauce pan

- knife
- sieve
- blender
- ice cream machine

Directions

- Place water, zest, thyme and sugar into small saucepan and bring to a boil.
- Let boil for one minute, then remove from heat.
- Pour the freshly squeezed lemon juice through a sieve to remove seeds/pulp.
- Add 1/3 cup of limoncello to the juice.
- Combine the zest and the cooled sugar mixture with juice/limoncello mixture. Stir to mix and chill mixture in ice bath for 3 hours.
- Pour the mixture into ice cream maker and freeze according to your manufacturer's instructions.*Meanwhile roughly mash 1 cup of raspberries with fork until soft.
- Add 1 tablespoon sugar and mix well, then set aside. Hollow out the squeezed lemons by removing the insides with a knife.
- Cut a small slice off the bottom of each lemon so it stands up. The lemon cups will be used to serve sorbet. If you plan to have 10 servings, use 5 lemons. Once the sorbet is ready, spoon 1 tablespoon of raspberry purée followed by 2 tablespoons of lemon sorbet until the hollowed-out lemon cups are full. The top layer should be all lemon.
- Garnish with a raspberry on top. Return to the freezer for at least two hours.*If you do not have an ice cream maker, freeze the limoncello mixture in a container for 3 hours. After 3 hours, take out the mixture and break it up with a fork.
- Place back in freezer for another 3 hours, then remove from freezer and pulse mixture in a blender a few times (work quickly so the mixture does not return to liquid form). Return to the freezer one more time until the sorbet hardens (about 3 hours, depending on how cold your freezer is and the size/depth of your container). Note that sorbet is generally much softer than ice cream, and the limoncello will not allow the sorbet to completely harden. More limoncello love on Food Republic: [A Limoncello to Love](#)
- [How To Make Homemade Limoncello](#)
- [Eat Like A Rich Roman](#)

Nutrition Facts

PROTEIN 3.71% FAT 4.75% CARBS 91.54%

Properties

Glycemic Index:16.66, Glycemic Load:9.28, Inflammation Score:-7, Nutrition Score:4.4804348492104%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 78.79kcal (3.94%), Fat: 0.45g (0.69%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 15.37g (5.59%), Sugar: 14.66g (16.29%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 18.11mg (21.95%), Manganese: 0.42mg (21%), Fiber: 4.09g (16.36%), Copper: 0.1mg (4.94%), Vitamin K: 4.68µg (4.46%), Magnesium: 17.28mg (4.32%), Vitamin E: 0.52mg (3.49%), Iron: 0.6mg (3.34%), Folate: 13.19µg (3.3%), Potassium: 98.63mg (2.82%), Calcium: 26.8mg (2.68%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.3mg (1.97%), Vitamin B3: 0.38mg (1.89%), Vitamin B6: 0.04mg (1.88%), Phosphorus: 18.64mg (1.86%), Vitamin B2: 0.03mg (1.77%), Vitamin A: 67.63IU (1.35%), Vitamin B1: 0.02mg (1.35%)