



Lychee Sorbet with Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 40 ounce lychees in heavy syrup whole seedless undrained canned
- ☐ 6 servings fruit salsa
- ☐ 0.5 cup sugar
- ☐ 2 cups water

Equipment

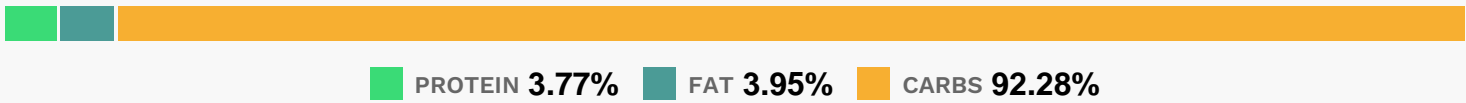
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan; bring to a boil.
- ☐ Remove from heat; strain mixture through a double-layer cheesecloth-lined sieve into a bowl. Discard solids.
- ☐ Strain lychees through a colander into a bowl, reserving 1/2 cup liquid; discard remaining liquid.
- ☐ Combine lychees and 1/2 cup liquid in a blender, and process until smooth. Strain mixture through a double-layer cheesecloth-lined sieve into bowl over ginger mixture. Discard lychee pulp.
- ☐ Pour the lychee mixture and ginger syrup into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Serve sorbet with Fruit Salsa.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:27.03, Inflammation Score:-6, Nutrition Score:9.4017391127089%

Nutrients (% of daily need)

Calories: 199.12kcal (9.96%), Fat: 0.95g (1.47%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 47.09g (17.12%), Sugar: 46.6g (51.78%), Cholesterol: 0mg (0%), Sodium: 216.07mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 135.8mg (164.6%), Copper: 0.32mg (15.85%), Vitamin B6: 0.25mg (12.36%), Fiber: 3.06g (12.23%), Potassium: 410.92mg (11.74%), Vitamin B2: 0.14mg (8.04%), Vitamin B3: 1.51mg (7.53%), Manganese: 0.14mg (7.17%), Folate: 27.87µg (6.97%), Phosphorus: 69.23mg (6.92%), Magnesium: 24.99mg (6.25%), Iron: 0.74mg (4.09%), Vitamin E: 0.53mg (3.5%), Vitamin A: 153.6IU (3.07%),

Selenium: 1.53µg (2.19%), Vitamin B1: 0.03mg (2.15%), Calcium: 21.13mg (2.11%), Vitamin K: 2.1µg (2%), Zinc: 0.21mg (1.4%)