



Melon Sorbet

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



9

CALORIES



103 kcal

DESSERT

Ingredients

- 4 cups cantaloupe chilled ripe cubed (1 small)
- 0.3 ounce gelatin powder sugar-free peach-flavored
- 1 tablespoon juice of lemon fresh
- 0.8 cup sugar
- 0.5 cup white wine sweet (such as moscato)

Equipment

- food processor
- bowl

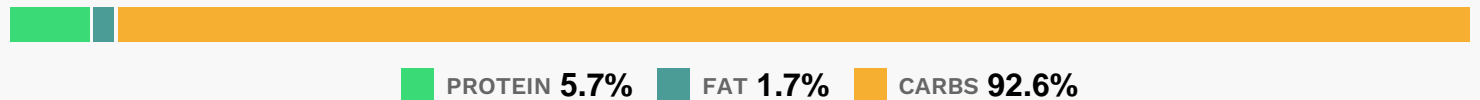
sauce pan

blender

Directions

- Combine first 3 ingredients in a small saucepan. Bring to a simmer over medium heat; cook 1 minute.
- Pour into a metal bowl, and freeze 10 to 12 minutes or until mixture reaches the consistency of egg whites, stirring frequently.
- Place half of cantaloupe in a blender or food processor; process until pureed and very smooth.
- Transfer to a large bowl. Repeat with remaining cantaloupe. Stir in wine mixture and lemon juice.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:15.22, Inflammation Score:-9, Nutrition Score:4.1769564618235%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 102.81kcal (5.14%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 22.29g (8.11%), Sugar: 22.41g (24.9%), Cholesterol: 0mg (0%), Sodium: 24.04mg (1.05%), Alcohol: 1.37g (100%), Alcohol %: 1.68% (100%), Protein: 1.41g (2.81%), Vitamin A: 2405.08IU (48.1%), Vitamin C: 8.4mg (10.18%), Copper: 0.08mg (4.14%), Potassium: 123.31mg (3.52%), Magnesium: 10.89mg (2.72%), Folate: 10.71µg (2.68%), Vitamin B3: 0.51mg (2.55%), Selenium: 1.7µg (2.42%), Vitamin B1: 0.04mg (2.41%), Manganese: 0.05mg

(2.33%), Fiber: 0.57g (2.3%), Zinc: 0.33mg (2.22%), Vitamin K: 1.97µg (1.88%), Iron: 0.33mg (1.81%), Vitamin B6: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.58%), Phosphorus: 14.99mg (1.5%)