



Melon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



2

CALORIES



733 kcal

DESSERT

Ingredients

- ☐ 2.5 pounds cantaloupe diced
- ☐ 0.7 cup sugar
- ☐ 0.5 cup water
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons plus light
- ☐ 0.3 cup juice of lime
- ☐ 1 pinch salt
- ☐ 2.5 pounds honeydew diced

- ☐ 0.5 cup mint leaves packed well
- ☐ 1 tablespoon juice of lemon

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ ice cream machine

Directions

- ☐ Cut the melons open and scoop out the strings and seeds and discard them. Carefully cut off the rind and discard that as well.
- ☐ Cut up each melon and one at a time, purée in a blender or food processor until smooth and soupy. Set each puréed melon aside in a separate bowl.
- ☐ Make simple syrup: Make a simple syrup by placing the sugar, water, and lemon zest in a saucepan over medium-high heat.
- ☐ Heat until the sugar has melted and the mixture has come to boil.
- ☐ Remove from heat.
- ☐ Add the mint (if using) and let sit for 10 minutes. Strain out the lemon zest (and mint if using).
- ☐ Stir together the simple syrup, citrus juice, corn syrup, salt, and the puréed melon. Chill, covered with plastic wrap. Chill for several hours or overnight.
- ☐ Process in an ice cream machine via the manufacturer's instructions. The sorbet will have a soft texture right out of the ice cream maker. If you would like a firmer consistency, transfer the sorbet to an airtight container and place in a freezer for an hour or two. Once frozen, you may need to let it sit for a few minutes at room temperature to soften before serving.

Nutrition Facts



 **PROTEIN 4.17%**  **FAT 2.51%**  **CARBS 93.32%**

Properties

Glycemic Index:78.3, Glycemic Load:77.92, Inflammation Score:-10, Nutrition Score:31.17347811616%

Flavonoids

Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg
Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 4.51mg,
Eriodictyol: 4.51mg, Eriodictyol: 4.51mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin:
4.94mg, Hesperetin: 4.94mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg
Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 5.05mg, Luteolin: 5.05mg,
Luteolin: 5.05mg, Luteolin: 5.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg
Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 733.38kcal (36.67%), Fat: 2.22g (3.41%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 186g (62%), Net
Carbohydrates: 175.78g (63.92%), Sugar: 174.89g (194.32%), Cholesterol: 0mg (0%), Sodium: 313.03mg (13.61%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Vitamin A: 19953.09IU (399.06%), Vitamin C:
180.71mg (219.04%), Potassium: 2293.2mg (65.52%), Folate: 204.59µg (51.15%), Fiber: 10.22g (40.89%), Vitamin B6:
0.76mg (37.85%), Magnesium: 143.24mg (35.81%), Vitamin B1: 0.53mg (35.03%), Copper: 0.68mg (33.97%),
Vitamin B3: 6.55mg (32.75%), Vitamin K: 31.93µg (30.41%), Manganese: 0.53mg (26.35%), Zinc: 3.27mg (21.8%),
Iron: 3.76mg (20.91%), Selenium: 14.21µg (20.3%), Phosphorus: 171.92mg (17.19%), Vitamin B2: 0.27mg (15.89%),
Vitamin B5: 1.56mg (15.62%), Calcium: 123.72mg (12.37%), Vitamin E: 0.48mg (3.18%)