



Meyer Lemon Sherbet

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



117 kcal

DESSERT

Ingredients

- 1 envelope gelatin powder unflavored
- 2 lb meyer lemons
- 0.8 cup milk
- 1 cup sugar

Equipment

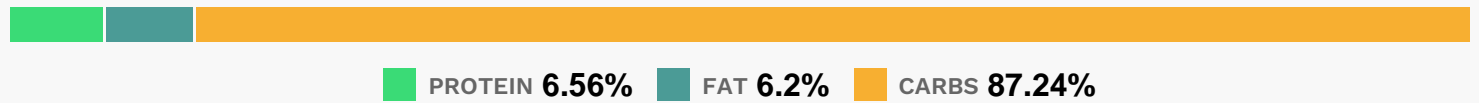
- food processor
- bowl
- frying pan

ice cream machine

Directions

- Grate 1 tablespoon peel and ream 1 cup juice from lemons; set aside.
- Combine gelatin and 1/4 cup cold water; set aside until gelatin is softened, about 5 minutes.
- In a 2- to 3-quart pan over high heat, bring sugar and 1 cup water to a boil. Reduce heat and simmer until sugar is dissolved, about 1 minute.
- Stir in gelatin, lemon peel and juice, and milk (mixture may look curdled).
- Place pan in a bowl of ice water and stir often until cold, 8 to 10 minutes.
- Freeze mixture in an ice cream maker according to manufacturer's directions. (Or pour mixture into a metal 9- by 13-inch pan, cover airtight, and freeze until hard, about 3 hours. Then break into chunks with a spoon and whirl in a food processor until smooth.)
- Serve sherbet, or freeze until firm enough to scoop, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:13.36, Glycemic Load:15.8, Inflammation Score:-4, Nutrition Score:4.9330434224204%

Flavonoids

Eriodictyol: 19.38mg, Eriodictyol: 19.38mg, Eriodictyol: 19.38mg, Eriodictyol: 19.38mg Hesperetin: 25.31mg, Hesperetin: 25.31mg, Hesperetin: 25.31mg, Hesperetin: 25.31mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 116.63kcal (5.83%), Fat: 0.92g (1.42%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 26.69g (9.71%), Sugar: 23.11g (25.68%), Cholesterol: 2.2mg (0.73%), Sodium: 10.34mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin C: 48.08mg (58.28%), Fiber: 2.54g (10.16%), Calcium: 46.68mg (4.67%), Potassium: 153.15mg (4.38%), Vitamin B6: 0.08mg (4.19%), Phosphorus: 33.27mg (3.33%), Iron: 0.56mg (3.12%), Vitamin B1: 0.05mg (3.11%), Vitamin B2: 0.05mg (2.87%), Folate: 10.19µg (2.55%), Copper: 0.05mg (2.51%), Vitamin B5: 0.24mg (2.41%), Magnesium: 9.61mg (2.4%), Vitamin B12: 0.1µg (1.65%), Selenium: 1.11µg (1.58%), Manganese: 0.03mg (1.47%), Vitamin D: 0.2µg (1.34%)