



Meyer Lemon Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



105 min.

SERVINGS



10

CALORIES



84 kcal

DESSERT

Ingredients

- 1 cup sugar
- 1 cup water
- 2 teaspoons lemon zest
- 1 cup lemon zest freshly squeezed (3-4 lemons)

Equipment

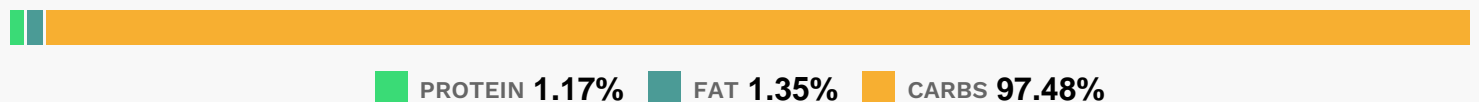
- bowl
- frying pan
- sauce pan

- blender
- ice cream machine

Directions

- Make simple syrup, let cool: In a small saucepan on medium high heat, make a simple syrup by heating sugar, lemon zest, and water until the sugar has completely dissolved.
- Remove from heat, let cool, strain out the lemon zest.
- Mix in the lemon juice. Chill, either in the refrigerator, or by placing in a metal bowl over an ice bath.
- Process in your ice cream maker: Once the mixture has thoroughly chilled, freeze in your ice cream maker according to the manufacturer's instructions.
- If you don't have an ice cream maker, you can pour the mixture into a shallow pan and freeze in your freezer until semi-solid. Then take a fork and fluff it up, returning it to the freezer to freeze firm. Then put in a food-processor or blender to process until smooth.
- Place sorbet in an airtight container and freeze until ready to serve.
- Serve: Scoop out preferably with a melon-baller.
- Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:14.36, Inflammation Score:-1, Nutrition Score:1.1934782448022%

Flavonoids

Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg Hesperetin: 6.6mg, Hesperetin: 6.6mg, Hesperetin: 6.6mg, Hesperetin: 6.6mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 84.05kcal (4.2%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 21.48g (7.81%), Sugar: 20.57g (22.85%), Cholesterol: 0mg (0%), Sodium: 1.88mg (0.08%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 13.06mg (15.82%), Fiber: 0.7g (2.82%)