

Minty Peach Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 sprigs mint leaves crushed (4-inch)
- ☐ 2 pounds peaches peeled chopped
- ☐ 0.5 cup sugar
- ☐ 1 cup water

Equipment

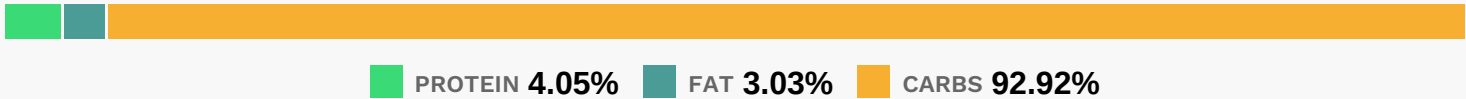
- ☐ food processor
- ☐ bowl

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 7 minutes. Discard mint sprigs.
- ☐ Place mixture in a blender or food processor; process until smooth.
- ☐ Pour into a bowl; cover and chill.
- ☐ Pour chilled mixture into the freezer can of an ice cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:12.65, Inflammation Score:-4, Nutrition Score:3.0582608632419%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 96.86kcal (4.84%), Fat: 0.35g (0.54%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 22.52g (8.19%), Sugar: 22.05g (24.5%), Cholesterol: 0mg (0%), Sodium: 16.5mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Vitamin A: 382.17IU (7.64%), Vitamin C: 5.85mg (7.1%), Fiber: 1.74g (6.94%), Vitamin E: 0.84mg (5.57%), Copper: 0.1mg (4.79%), Vitamin B3: 0.92mg (4.62%), Potassium: 144.41mg (4.13%), Manganese: 0.07mg (3.66%), Selenium: 2.46µg (3.51%), Vitamin K: 3.42µg (3.26%), Phosphorus: 25.66mg (2.57%), Magnesium: 9.87mg (2.47%), Vitamin B2: 0.04mg (2.28%), Iron: 0.41mg (2.27%), Vitamin B1:

0.03mg (1.89%), Folate: 7.46µg (1.87%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.18mg (1.79%), Vitamin B6: 0.03mg (1.5%)