



Mojito Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



16

CALORIES



53 kcal

DESSERT

Ingredients

- 1 cup juice of lime freshly squeezed
- 0.3 cup lime zest grated
- 0.5 cup mint leaves packed
- 1.5 cups citrus-flavored sparkling water
- 1 cup water
- 1 cup sugar white

Equipment

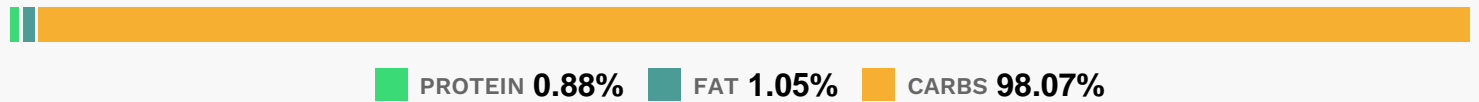
- bowl

- sauce pan
- ice cream machine

Directions

- Heat the water, sugar, and mint leaves in a saucepan over medium heat, and stir until the sugar is dissolved. Bring the mixture to a boil, reduce heat, and simmer for 3 to 5 minutes to extract the mint flavor. Set the mixture aside to cool, and strain out the mint leaves.
- Pour the cooled mint mixture, lime zest, lime juice, sparkling water, and rum into a bowl and mix well.
- Pour into the container of an ice cream maker, and freeze according to the manufacturer's instructions.
- Serve immediately for a softer texture, or freeze in a sealed container for a harder sorbet.
- Let hard-frozen sorbet thaw a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:8.76, Inflammation Score:-1, Nutrition Score:0.74434783342092%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 53.34kcal (2.67%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 13.88g (5.05%), Sugar: 12.76g (14.17%), Cholesterol: 0mg (0%), Sodium: 6.29mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%), Vitamin C: 5.42mg (6.57%), Vitamin A: 68.05IU (1.36%), Manganese: 0.02mg (1.01%)