



Nectarine and Apricot Sherbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



94 kcal

Ingredients



1 handful apricot pieces dried soft



2 clementines



150 ml grape shloer white (fizzy grape juice, non-alcoholic)



1 tsp baobab powder



2 nectarines

Equipment

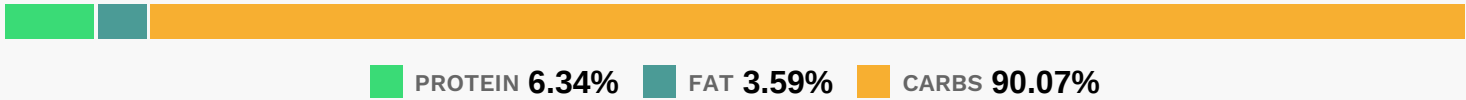


blender

Directions

- ☐ Take the stone out of the nectarines and slice.
- ☐ Peel the clementines and divide into quarters.
- ☐ I have a powerful vitamix blender, but if you don't, you may want to soak the apricots, unless they are the really soft ones, in a little apple or orange juice before you add them to your blender.
- ☐ Add all the ingredients to your blender and whizz. You may add ice if you like.
- ☐ Enjoy. Slurp!

Nutrition Facts



Properties

Glycemic Index:79.47, Glycemic Load:7.17, Inflammation Score:-4, Nutrition Score:5.8882609281851%

Flavonoids

Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg, Cyanidin: 2.49mg Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg, Petunidin: 0.55mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Malvidin: 5.97mg, Malvidin: 5.97mg, Malvidin: 5.97mg, Malvidin: 5.97mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg, Catechin: 3.26mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 93.87kcal (4.69%), Fat: 0.41g (0.63%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.79g (7.56%), Sugar: 19.77g (21.97%), Cholesterol: 0mg (0%), Sodium: 192.17mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 26.88mg (32.58%), Calcium: 120.69mg (12.07%), Fiber: 2.39g (9.57%), Manganese: 0.19mg (9.56%), Phosphorus: 79.21mg (7.92%), Potassium: 271.14mg (7.75%), Vitamin B3: 1.45mg (7.27%), Vitamin A: 330.58IU (6.61%), Vitamin B1: 0.08mg (5.58%), Copper: 0.11mg (5.49%), Magnesium: 19.36mg (4.84%), Vitamin E: 0.69mg (4.6%), Folate: 17.55µg (4.39%), Vitamin B6: 0.08mg (3.91%), Iron: 0.68mg (3.77%), Vitamin B2: 0.05mg (2.86%), Vitamin B5: 0.28mg (2.77%), Vitamin K: 2.12µg (2.02%), Zinc: 0.27mg (1.78%)