



## Nectarine and Raspberry Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



245 kcal

DESSERT

### Ingredients

- ☐ 2.5 cups all-natural apricot nectar
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 pounds nectarines white peeled chopped
- ☐ 6 ounces raspberries

### Equipment

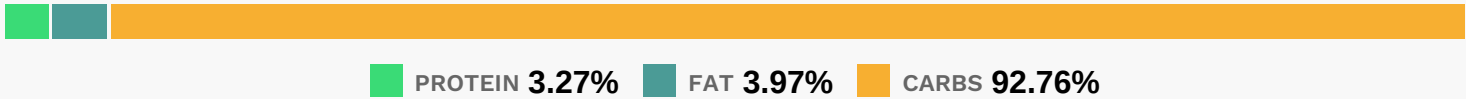
- ☐ food processor
- ☐ bowl

sieve

## Directions

- Combine nectarines and raspberries in a food processor; process until smooth. Stir in apricot nectar, honey, and lemon juice. Strain mixture through a sieve into a large bowl; discard solids.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:19.54, Inflammation Score:-9, Nutrition Score:10.408260925956%

## Flavonoids

Cyanidin: 18.47mg, Cyanidin: 18.47mg, Cyanidin: 18.47mg, Cyanidin: 18.47mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg, Epicatechin: 4.65mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 244.76kcal (12.24%), Fat: 1.17g (1.81%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 57.29g (20.83%), Sugar: 56.21g (62.46%), Cholesterol: 0mg (0%), Sodium: 29.46mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Vitamin C: 51.46mg (62.38%), Vitamin A: 2114.76IU (42.3%), Manganese: 0.37mg (18.45%), Fiber: 4.45g (17.82%), Vitamin E: 1.65mg (10.97%), Vitamin B3: 1.96mg (9.8%), Potassium: 334.43mg (9.56%), Copper: 0.18mg (8.94%), Vitamin B1: 0.13mg (8.88%), Magnesium: 26.86mg (6.72%), Vitamin K: 6.88µg (6.55%), Vitamin B6: 0.11mg (5.43%), Phosphorus: 53.12mg (5.31%), Vitamin B5: 0.51mg (5.11%), Iron: 0.91mg (5.07%), Vitamin B2: 0.08mg (4.81%), Folate: 17.84µg (4.46%), Zinc: 0.54mg (3.62%), Calcium: 27.25mg (2.72%)