



Orange-Basil Ice

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- 6 servings garnish: basil leaves fresh
- 0.5 cup basil leaves fresh loosely packed
- 1 tablespoon honey
- 3 cups valencia orange juice

Equipment

- food processor
- frying pan
- sieve

- blender
- measuring cup

Directions

- Process 1/2 cup orange juice and basil leaves in a blender or food processor 10 seconds.
- Pour mixture through a fine wire-mesh strainer into a 4-cup glass measuring cup; add remaining 2 1/2 cups orange juice. Stir in honey.
- Divide mixture between 2 zip-top plastic freezer bags.
- Place bags on a jelly-roll pan. Freeze 6 hours or until firm.
- Remove bags from freezer, and let stand 10 minutes. Break mixture into small chunks using hands.
- Process chunks, in batches, in a blender or food processor until smooth.
- Serve immediately.
- Garnish, if desired.
- *1 Tbsp. (3 packets) no-calorie sweetener, such as Splenda, may be substituted.
- Note: For testing purposes only, we used Tropicana Pure Valencia Orange Juice.
- Pineapple-Basil Ice: Substitute pineapple juice for Valencia orange juice. Proceed with recipe as directed.
- Per serving: Calories 77; Fat 2g (sat 0g, mono 0 g, poly 1g); Protein 5g; Carb 19g; Fiber 3g; Chol 0mg; Iron 5mg; Sodium 3mg; Calc 19mg.
- Fresh Orange-Basil Ice: Substitute fresh orange juice for Valencia orange juice. Omit honey. Proceed with recipe as directed.
- Per serving: Calories 56; Fat 3g (sat 0g, mono 1 g, poly 1g); Protein 9g; Carb 13g; Fiber 3g; Chol 0mg; Iron 3mg; Sodium 1mg; Calc 16mg.
- White Grape-Mint Ice: Substitute white grape juice for orange juice and fresh mint leaves for basil leaves. Omit honey. Proceed with recipe as directed.
- Per serving: Calories 50; Fat 1g (sat 0g, mono 0 g, poly 0g); Protein 7g; Carb 7g; Fiber 4g; Chol 0mg; Iron 7mg; Sodium 2mg; Calc 19mg.

Nutrition Facts



■ PROTEIN 5.74% ■ FAT 3.52% ■ CARBS 90.74%

Properties

Glycemic Index:40.71, Glycemic Load:8.11, Inflammation Score:-6, Nutrition Score:6.8191305962594%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 67.36kcal (3.37%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.57g (5.66%), Sugar: 13.3g (14.78%), Cholesterol: 0mg (0%), Sodium: 1.54mg (0.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 62.74mg (76.05%), Vitamin K: 16.72µg (15.93%), Folate: 39.99µg (10%), Vitamin A: 459IU (9.18%), Vitamin B1: 0.11mg (7.53%), Potassium: 261.62mg (7.47%), Magnesium: 16.27mg (4.07%), Copper: 0.07mg (3.56%), Manganese: 0.07mg (3.3%), Vitamin B6: 0.06mg (2.83%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.25mg (2.46%), Vitamin B2: 0.04mg (2.45%), Phosphorus: 23.46mg (2.35%), Iron: 0.39mg (2.16%), Calcium: 20.93mg (2.09%), Fiber: 0.32g (1.28%)