

Orange Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



2

CALORIES



827 kcal

DESSERT

Ingredients

- 1.5 cups buttermilk
- 0.5 cup plus light
- 1 teaspoon kosher salt
- 1.5 cups orange juice freshly squeezed (from 6 to 8 oranges)
- 2 tablespoons orange zest
- 1 cup sugar

Equipment

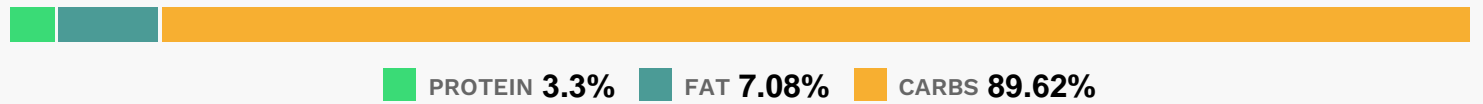
- bowl

- whisk
- ice cream machine

Directions

- Whisk together all ingredients in a large bowl until sugar is mostly dissolved. Chill in refrigerator until very cold, 1 to 2 hours (see note above).
- Remove from refrigerator and whisk to incorporate any undissolved sugar. Churn in ice cream machine according to manufacturer's instructions.
- Serve immediately as soft serve or transfer to airtight container and freeze for 2 to 3 hours to harden.

Nutrition Facts



Properties

Glycemic Index:86.05, Glycemic Load:94.84, Inflammation Score:-7, Nutrition Score:14.600869590821%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 827.38kcal (41.37%), Fat: 6.83g (10.51%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 194.7g (64.9%), Net Carbohydrates: 193.69g (70.43%), Sugar: 189.68g (210.76%), Cholesterol: 19.8mg (6.6%), Sodium: 1407.64mg (61.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin C: 101.16mg (122.62%), Calcium: 249.92mg (24.99%), Vitamin B2: 0.39mg (22.93%), Vitamin B1: 0.31mg (20.63%), Phosphorus: 185.88mg (18.59%), Potassium: 630.81mg (18.02%), Folate: 66.6µg (16.65%), Vitamin D: 2.34µg (15.6%), Vitamin A: 694.2IU (13.88%), Vitamin B12: 0.83µg (13.8%), Selenium: 8.11µg (11.58%), Vitamin B5: 1.07mg (10.67%), Magnesium: 40.66mg (10.17%), Zinc: 1.18mg (7.87%), Vitamin B6: 0.15mg (7.49%), Copper: 0.14mg (7.01%), Vitamin B3: 0.96mg (4.8%), Fiber: 1.01g (4.03%), Iron: 0.53mg (2.97%), Manganese: 0.04mg (2.01%), Vitamin E: 0.22mg (1.44%)