



Orange Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

DESSERT

Ingredients

- 3 cups orange juice fresh
- 2 teaspoons orange rind grated
- 1 cup sugar
- 3 cups water

Equipment

- sauce pan
- blender

Directions

- Bring 3 cups water and sugar just to a boil in a medium saucepan over high heat, stirring until sugar dissolves.
- Remove from heat. Cool.
- Process sugar syrup and orange juice, in batches, in a blender until smooth. Stir in orange rind. Cover and chill 2 hours.
- Pour mixture into the freezer container of a 1-gallon ice-cream maker, and freeze according to manufacturer's instructions.

Nutrition Facts



PROTEIN 1.83% FAT 1.67% CARBS 96.5%

Properties

Glycemic Index:30.52, Glycemic Load:44.77, Inflammation Score:-6, Nutrition Score:7.9830435022064%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, 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: 277.17kcal (13.86%), Fat: 0.53g (0.82%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 68.92g (25.06%), Sugar: 65.52g (72.8%), Cholesterol: 0mg (0%), Sodium: 11.26mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin C: 94.36mg (114.38%), Folate: 56.1µg (14.02%), Vitamin B1: 0.17mg (11.24%), Potassium: 375.12mg (10.72%), Vitamin A: 376.2IU (7.52%), Copper: 0.11mg (5.73%), Magnesium: 22.45mg (5.61%), Vitamin B2: 0.07mg (3.89%), Vitamin B6: 0.08mg (3.81%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.36mg (3.58%), Phosphorus: 31.83mg (3.18%), Calcium: 27.89mg (2.79%), Iron: 0.41mg (2.25%), Fiber: 0.48g (1.91%), Manganese: 0.03mg (1.4%)