

Passion-Fruit Nieve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



3

CALORIES



446 kcal

SIDE DISH

Ingredients



0.7 cup plus light



2 tablespoons juice of lime fresh



24 fl. oz. passion fruit rum chilled

Equipment

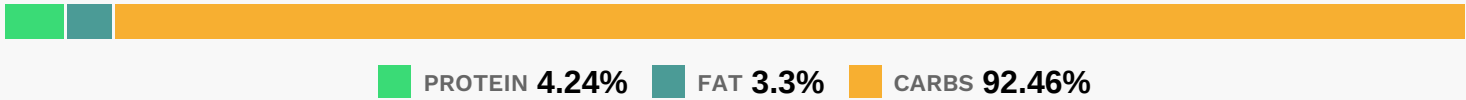


ice cream machine

Directions

- ☐
- Stir together all ingredients and freeze in ice cream maker.
- ☐
- Transfer sorbet to an airtight container and put in freezer to harden, at least 1 hour.
- ☐
- Sorbet keeps, frozen, 1 week.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:20.28, Inflammation Score:-9, Nutrition Score:17.832608784994%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 446.41kcal (22.32%), Fat: 1.81g (2.79%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 114.39g (38.13%), Net Carbohydrates: 89.75g (32.64%), Sugar: 84.86g (94.29%), Cholesterol: 0mg (0%), Sodium: 113.42mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Fiber: 24.64g (98.57%), Vitamin C: 73.97mg (89.66%), Vitamin A: 3014.04IU (60.28%), Potassium: 835.69mg (23.88%), Iron: 3.79mg (21.08%), Vitamin B2: 0.31mg (18.18%), Vitamin B3: 3.56mg (17.81%), Magnesium: 70.16mg (17.54%), Phosphorus: 162.26mg (16.23%), Vitamin B6: 0.24mg (12.02%), Copper: 0.21mg (10.31%), Folate: 34.12µg (8.53%), Calcium: 39.64mg (3.96%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.05mg (3.15%), Selenium: 1.96µg (2.8%), Vitamin K: 1.72µg (1.63%)