



Peach Sorbet with Strawberries and Basil



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 1 pint peach sorbet
- ☐ 1 pint strawberries sliced
- ☐ 2 tablespoons sugar

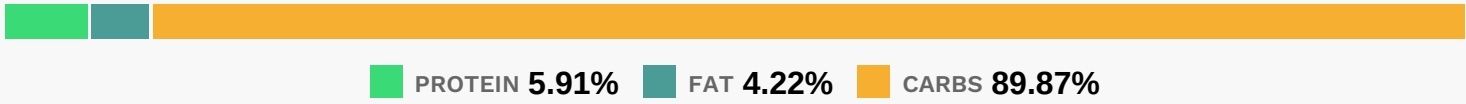
Equipment

- ☐ bowl

Directions

- ☐
- Stir together first 4 ingredients; let stand about 20 minutes, allowing berries to release juices.
- ☐
- Place several small scoops sorbet in 4 stemmed glasses or bowls; top with strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:6.88, Inflammation Score:-4, Nutrition Score:7.6960871064145%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 208.14kcal (10.41%), Fat: 0.98g (1.5%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 42.13g (15.32%), Sugar: 34.28g (38.09%), Cholesterol: 0mg (0%), Sodium: 80.55mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin C: 70.22mg (85.12%), Manganese: 0.47mg (23.42%), Fiber: 4.63g (18.53%), Folate: 29.32µg (7.33%), Vitamin K: 6.75µg (6.43%), Potassium: 185.35mg (5.3%), Magnesium: 16.09mg (4.02%), Copper: 0.06mg (3.06%), Phosphorus: 29.05mg (2.91%), Iron: 0.52mg (2.89%), Vitamin B6: 0.06mg (2.89%), Vitamin E: 0.35mg (2.35%), Vitamin B3: 0.47mg (2.33%), Calcium: 20.83mg (2.08%), Vitamin B1: 0.03mg (1.94%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.15mg (1.52%), Vitamin A: 67.02IU (1.34%), Zinc: 0.17mg (1.17%)