



Peach Sorbet with Strawberries and Basil



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 1 pint peach sorbet
- ☐ 4 servings try build-a-meal
- ☐ 1 pint strawberries sliced
- ☐ 2 tablespoons sugar

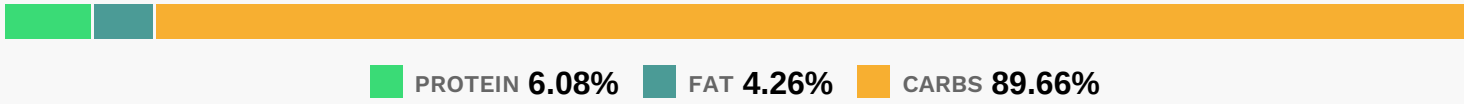
Equipment

- ☐ 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:8.0782610177994%

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: 211.38kcal (10.57%), Fat: 1g (1.54%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 42.59g (15.49%), Sugar: 34.29g (38.1%), Cholesterol: 0mg (0%), Sodium: 80.56mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin C: 70.22mg (85.12%), Manganese: 0.54mg (26.77%), Fiber: 4.86g (19.44%), Folate: 29.47µg (7.37%), Vitamin K: 6.81µg (6.49%), Potassium: 192.65mg (5.5%), Magnesium: 18.57mg (4.64%), Phosphorus: 35.37mg (3.54%), Copper: 0.07mg (3.41%), Iron: 0.58mg (3.25%), Vitamin B6: 0.06mg (3.09%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.37mg (2.45%), Calcium: 21.39mg (2.14%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (1.83%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.23mg (1.54%), Selenium: 1.02µg (1.46%), Vitamin A: 67.13IU (1.34%)