



## Persimmon and Cardamom Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

### Ingredients

- 0.1 teaspoon ground cardamom
- 2 teaspoons juice of lemon fresh
- 2 cups hachiya persimmon puree ripe
- 0.1 teaspoon salt
- 1.3 cups sugar
- 1 cup water

### Equipment

- sauce pan

## Directions

- Combine sugar and 1 cup water in a small saucepan; bring to a boil. Cook for 3 minutes or until sugar dissolves.
- Remove from heat.
- Add persimmon puree and remaining ingredients, stirring well. Cool completely.
- Pour persimmon mixture into the freezer can of an ice-cream freezer, and freeze according to the manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 2 hours or until firm.
- Remove sorbet from freezer 10 minutes before serving.
- To speed the ripening process, freeze the fruit overnight or until solid. Thaw the persimmon; when soft, it will be sweeter and less astringent.
- Cut the ripe fruit in half. Scoop the pulp out with a spoon.
- To achieve an even consistency, place the flesh in a mini-chopper and process until smooth. This ensures the persimmon puree will incorporate evenly into batters.

## Nutrition Facts

**PROTEIN 0.92%** **FAT 1.47%** **CARBS 97.61%**

## Properties

Glycemic Index:15.64, Glycemic Load:31.72, Inflammation Score:-1, Nutrition Score:2.899999997781%

## Flavonoids

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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 195.8kcal (9.79%), Fat: 0.34g (0.53%), Saturated Fat: 0g (0%), Carbohydrates: 51.05g (17.02%), Net Carbohydrates: 51.03g (18.56%), Sugar: 31.22g (34.69%), Cholesterol: 0mg (0%), Sodium: 38.74mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 39.53mg (47.91%), Iron: 1.5mg (8.33%), Potassium: 185.63mg (5.3%), Calcium: 17.39mg (1.74%), Phosphorus: 15.53mg (1.55%)