

Persimmon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



2

CALORIES



770 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 pounds persimmon very ripe
- ☐ 0.5 cup sugar

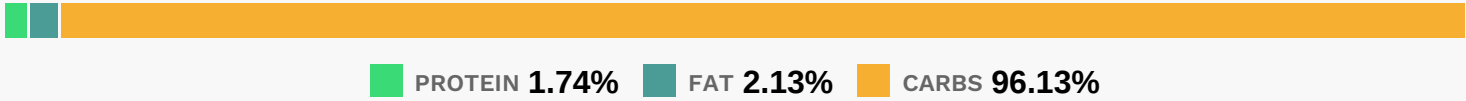
Equipment

- ☐ blender
- ☐ baking pan

Directions

- ☐ Bring 1 cup water and sugar to a boil, stirring until sugar is dissolved. Boil 3 minutes, then cool. Core, quarter, and, if necessary, seed persimmons. Scrape pulp from skins into a blender. Purée with lemon juice until very smooth.
- ☐ Add sugar syrup and blend. Chill until very cold, at least 2 hours.
- ☐ Freeze mixture in an ice-cream maker. (Alternatively, transfer to a shallow metal baking pan and freeze, stirring every 30 minutes, until slushy, about 2 hours.)
- ☐ Transfer to an airtight container and freeze. (Sorbet's consistency will remain soft.)
- ☐ · Sorbet may be made 4 days ahead.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:110.88, Inflammation Score:-7, Nutrition Score:10.016521603031%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 770.21kcal (38.51%), Fat: 1.99g (3.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 202.27g (67.42%), Net Carbohydrates: 202.25g (73.54%), Sugar: 50.09g (55.65%), Cholesterol: 0mg (0%), Sodium: 5.11mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin C: 302.27mg (366.39%), Iron: 11.37mg (63.17%), Potassium: 1414.86mg (40.42%), Calcium: 123.42mg (12.34%), Phosphorus: 118.53mg (11.85%)