

# Pina Colada Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



478 kcal

DESSERT

## Ingredients

- 13.5 ounce coconut milk canned
- 20 ounce pineapple canned crushed drained
- 0.3 cup juice of lime
- 1.5 cups water
- 1.5 cups sugar white

## Equipment

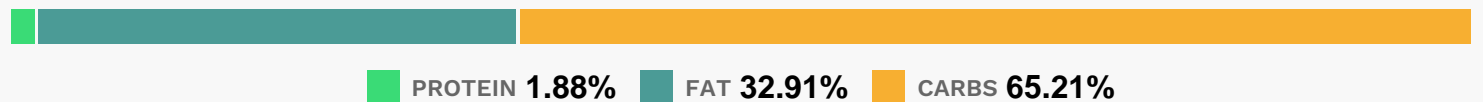
- food processor
- bowl

- sauce pan
- whisk
- blender
- ice cream machine

## Directions

- Make a syrup by bringing the sugar and water to a boil in a small saucepan over high heat, stir and boil until the liquid becomes clear, about 1 minute. Set aside to cool.
- Blend the drained pineapple in a blender or food processor until very smooth and frothy. In a large bowl, whisk together the syrup, pineapple puree, coconut milk, and lime juice. Refrigerate until chilled, about 3 hours.
- Freeze in the freezer canister of an ice cream maker according to the manufacturer's directions.

## Nutrition Facts



## Properties

Glycemic Index:14.02, Glycemic Load:41.89, Inflammation Score:-2, Nutrition Score:7.4734783276268%

## Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 478.11kcal (23.91%), Fat: 18.54g (28.53%), Saturated Fat: 16.16g (101%), Carbohydrates: 82.66g (27.55%), Net Carbohydrates: 79.46g (28.89%), Sugar: 78.81g (87.57%), Cholesterol: 0mg (0%), Sodium: 17.01mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.71mg (35.29%), Vitamin C: 16.43mg (19.92%), Copper: 0.34mg (17.19%), Fiber: 3.21g (12.83%), Magnesium: 47.01mg (11.75%), Potassium: 357.28mg (10.21%), Vitamin B1: 0.14mg (9.24%), Iron: 1.61mg (8.97%), Phosphorus: 86.18mg (8.62%), Selenium: 5.57µg (7.96%), Vitamin B6: 0.11mg (5.75%), Folate: 19.13µg (4.78%), Vitamin B3: 0.92mg (4.6%), Zinc: 0.65mg (4.33%), Calcium: 34.81mg (3.48%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.16mg (1.55%), Vitamin A: 62.75IU (1.25%), Vitamin E: 0.16mg (1.09%)