



Pineapple and Basil Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



560 min.

SERVINGS



4

CALORIES



225 kcal

DESSERT

Ingredients

- 0.3 cup basil leaves
- 1 pineapple cored peeled cut into chunks
- 0.5 cup pineapple juice
- 0.5 cup sugar white

Equipment

- blender
- ice cream machine

Directions

- Blend the pineapple, sugar, pineapple juice, and basil in a blender until smooth; chill in refrigerator for 1 hour.
- Place mixture in an ice cream maker and mix according to manufacturer's instructions; pour into an airtight container, and freeze 8 hours or overnight.

Nutrition Facts

PROTEIN 2.27% **FAT 1.47%** **CARBS 96.26%**

Properties

Glycemic Index:61.19, Glycemic Load:34.71, Inflammation Score:-6, Nutrition Score:14.055652150641%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 225.35kcal (11.27%), Fat: 0.4g (0.61%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 55.12g (20.05%), Sugar: 50.18g (55.76%), Cholesterol: 0mg (0%), Sodium: 3.16mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Vitamin C: 111.37mg (134.99%), Manganese: 2.26mg (113.21%), Vitamin B6: 0.29mg (14.26%), Copper: 0.28mg (13.84%), Vitamin B1: 0.2mg (13.09%), Fiber: 3.25g (13%), Folate: 47.06µg (11.76%), Potassium: 289.89mg (8.28%), Magnesium: 31.65mg (7.91%), Vitamin K: 7.9µg (7.52%), Vitamin B3: 1.2mg (6.02%), Vitamin B5: 0.5mg (5.02%), Vitamin B2: 0.08mg (4.97%), Iron: 0.81mg (4.49%), Vitamin A: 211.82IU (4.24%), Calcium: 36.15mg (3.62%), Phosphorus: 21.3mg (2.13%), Zinc: 0.32mg (2.12%)