



Pineapple-Orange Sherbet



Vegetarian



Gluten Free

READY IN



27 min.

SERVINGS



13

CALORIES



144 kcal

Ingredients

- ☐ 1 optional: lemon
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 navel oranges
- ☐ 2 cups orange juice fresh
- ☐ 12 ounce pineapple juice unsweetened canned
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 1.5 cups water

Equipment

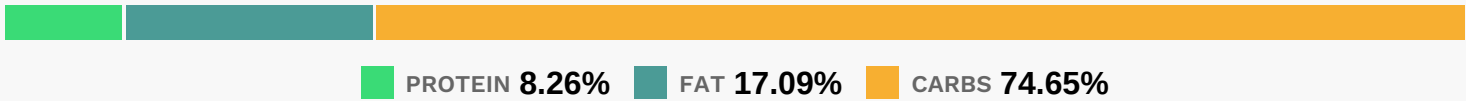
- ☐ bowl

- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Carefully remove rind from oranges and lemon using a vegetable peeler, making sure to avoid white pithy part of the rind.
- ☐ Combine water and citrus strips in a saucepan; bring to a boil, reduce heat, and simmer, uncovered, 3 minutes.
- ☐ Remove from heat, and cool 15 minutes.
- ☐ Remove citrus strips from water; discard strips.
- ☐ Combine juices in a bowl. Stir in citrus water and milk. Cover and chill 30 minutes.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sherbet into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:13.82, Inflammation Score:-4, Nutrition Score:6.4939131011134%

Flavonoids

Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg Hesperetin: 12.59mg, Hesperetin: 12.59mg, Hesperetin: 12.59mg, Hesperetin: 12.59mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 143.53kcal (7.18%), Fat: 2.84g (4.37%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27.04g (9.83%), Sugar: 24.64g (27.38%), Cholesterol: 10.38mg (3.46%), Sodium: 41.49mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Vitamin C: 42.3mg (51.27%), Calcium: 106.96mg (10.7%), Phosphorus: 92.66mg (9.27%), Vitamin B2: 0.16mg (9.27%), Potassium: 277.94mg (7.94%), Manganese: 0.15mg (7.43%), Folate: 29.14µg (7.28%), Selenium: 4.62µg (6.6%), Vitamin B1: 0.1mg (6.44%), Magnesium: 19mg (4.75%), Vitamin A: 214.57IU (4.29%), Vitamin B6: 0.08mg (4.19%), Vitamin B5: 0.4mg (3.97%), Fiber: 0.86g (3.42%), Copper: 0.06mg (2.82%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.13µg (2.24%), Vitamin B3: 0.38mg (1.87%), Iron:

0.3mg (1.66%)