



Pineapple-Rum Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



5

CALORIES



139 kcal

Ingredients

- ☐ 2 cups ice cubes
- ☐ 6 ounces rum light such as bacardi or flor de caña
- ☐ 4 ounces juice of lime freshly squeezed (from 8 medium limes)
- ☐ 1 pound pineapple chunks frozen

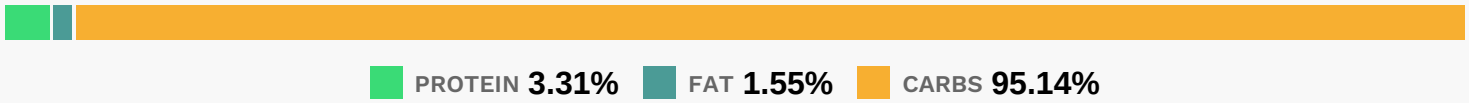
Equipment

- ☐ blender

Directions

- ☐
- Place all of the ingredients in a blender and blend on high until smooth.
- ☐
- Transfer to a container with a tightfitting lid and place in the freezer until completely frozen, at least 8 hours. The sorbet will keep for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.7121739037659%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 138.69kcal (6.93%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 14.76g (5.37%), Sugar: 13.32g (14.8%), Cholesterol: 0mg (0%), Sodium: 6.43mg (0.28%), Alcohol: 11.36g (100%), Alcohol %: 5.95% (100%), Protein: 0.56g (1.12%), Vitamin C: 15.33mg (18.58%), Vitamin B1: 0.1mg (6.68%), Copper: 0.13mg (6.27%), Fiber: 1.27g (5.08%), Magnesium: 16.37mg (4.09%), Potassium: 139.71mg (3.99%), Vitamin B6: 0.08mg (3.85%), Calcium: 20.53mg (2.05%), Folate: 6.8µg (1.7%), Iron: 0.29mg (1.6%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.4%), Vitamin A: 56.7IU (1.13%), Phosphorus: 10.89mg (1.09%)