



Pineapple Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



137 kcal

SIDE DISH

Ingredients



2 tablespoons juice of lemon fresh



1 small pineapple cored peeled



1 cup sugar

Equipment

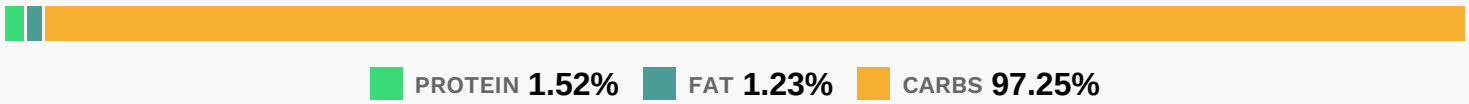


food processor

Directions

- ☐ Cut pineapple into 2-inch pieces.
- ☐ Place pineapple and lemon juice in a food processor; process until smooth.
- ☐ Add sugar; process 1 minute or until sugar dissolves.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze 1 hour or until firm.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:22.42, Inflammation Score:0, Nutrition Score:6.6873912118051%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 136.57kcal (6.83%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 34.12g (12.41%), Sugar: 32.17g (35.74%), Cholesterol: 0mg (0%), Sodium: 1.26mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin C: 49.36mg (59.82%), Manganese: 0.93mg (46.67%), Vitamin B6: 0.11mg (5.71%), Fiber: 1.42g (5.67%), Copper: 0.11mg (5.64%), Vitamin B1: 0.08mg (5.35%), Folate: 18.77µg (4.69%), Potassium: 113.48mg (3.24%), Magnesium: 12.27mg (3.07%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.22mg (2.19%), Vitamin B2: 0.04mg (2.17%), Iron: 0.31mg (1.7%), Calcium: 13.49mg (1.35%), Vitamin A: 58.52IU (1.17%)