



Raspberry-Blueberry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

415 kcal

DESSERT

Ingredients

- ☐ 1.5 cups blueberries rinsed
- ☐ 1 tablespoon juice of lemon
- ☐ 3 cups raspberries rinsed
- ☐ 0.7 cup sugar

Equipment

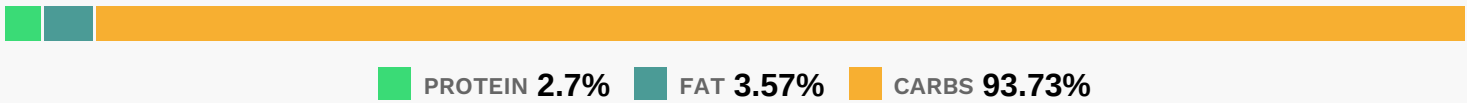
- ☐ food processor
- ☐ bowl
- ☐ frying pan

- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a 1 1/2- to 2-quart pan over high heat, frequently stir blueberries, 2/3 cup sugar, and 1/4 cup water until berries begin to pop, 4 to 5 minutes.
- ☐ In a blender or food processor, pure blueberry mixture, raspberries, and 1 tablespoon lemon juice. Rub through a fine strainer into a bowl; discard residue.
- ☐ Add more sugar and lemon juice if desired. Nest bowl in ice water; stir often until mixture is cold, 15 to 20 minutes.
- ☐ Pour chilled pure into an ice cream maker (1-qt. or larger capacity). Freeze according to manufacturer's directions until sorbet is firm enough to scoop, the dasher is hard to turn, or the machine stops.
- ☐ Serve, or freeze airtight (see below).
- ☐ To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- ☐ If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- ☐ For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts



Properties

Glycemic Index:68.05, Glycemic Load:54.44, Inflammation Score:-7, Nutrition Score:16.180434848951%

Flavonoids

Cyanidin: 91.78mg, Cyanidin: 91.78mg, Cyanidin: 91.78mg, Cyanidin: 91.78mg Petunidin: 35.56mg, Petunidin: 35.56mg, Petunidin: 35.56mg, Petunidin: 35.56mg Delphinidin: 41.7mg, Delphinidin: 41.7mg, Delphinidin: 41.7mg, Delphinidin: 41.7mg Malvidin: 75.26mg, Malvidin: 75.26mg, Malvidin: 75.26mg, Malvidin: 75.26mg Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg Peonidin: 22.74mg, Peonidin: 22.74mg, Peonidin: 22.74mg, Peonidin: 22.74mg Catechin: 8.23mg, Catechin: 8.23mg, Catechin: 8.23mg, Catechin: 8.23mg

Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg, Epigallocatechin 3–gallate: 0.97mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg, Quercetin: 10.43mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 415.19kcal (20.76%), Fat: 1.77g (2.72%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 104.43g (34.81%), Net Carbohydrates: 90.05g (32.74%), Sugar: 85.73g (95.26%), Cholesterol: 0mg (0%), Sodium: 3.65mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 1.58mg (79.13%), Vitamin C: 60.83mg (73.73%), Fiber: 14.39g (57.55%), Vitamin K: 35.46µg (33.77%), Vitamin E: 2.21mg (14.73%), Magnesium: 46.71mg (11.68%), Copper: 0.23mg (11.56%), Folate: 45.96µg (11.49%), Potassium: 366.33mg (10.47%), Iron: 1.59mg (8.85%), Vitamin B6: 0.16mg (8.01%), Vitamin B3: 1.55mg (7.74%), Vitamin B2: 0.13mg (7.51%), Vitamin B5: 0.74mg (7.4%), Vitamin B1: 0.1mg (6.7%), Phosphorus: 66.12mg (6.61%), Zinc: 0.94mg (6.29%), Calcium: 52.78mg (5.28%), Vitamin A: 119.79IU (2.4%), Selenium: 0.88µg (1.25%)