



Raspberry Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



266 kcal

DESSERT

Ingredients

- 0.3 cup apple juice 100%
- 1.5 cups buttermilk
- 0.3 cup heavy cream
- 6 cups raspberries (4 to 5 pints)
- 6 servings salt and freshly cracked pepper
- 1 cup caster sugar

Equipment

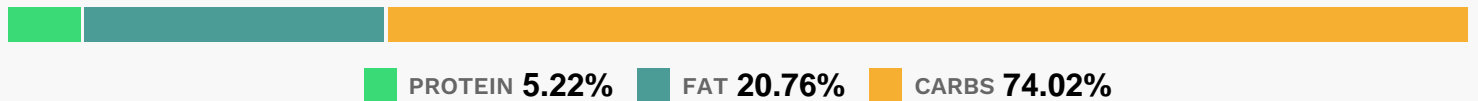
- food processor

- bowl
- sieve
- ice cream machine

Directions

- Puree the raspberries, juice and sugar in a food processor until smooth.
- Pour through a mesh strainer into a bowl and discard the raspberry seeds. Stir in the buttermilk, cream and a pinch of salt, then cover and refrigerate until cold, about 1 hour.
- Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions.
- Transfer to an airtight container and freeze until firm, at least 2 hours.
- Serve sprinkled with pepper.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:26.33, Inflammation Score:-5, Nutrition Score:10.381304378095%

Flavonoids

Cyanidin: 54.93mg, Cyanidin: 54.93mg, Cyanidin: 54.93mg, Cyanidin: 54.93mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 266.4kcal (13.32%), Fat: 6.47g (9.95%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 44.04g (16.01%), Sugar: 42.78g (47.54%), Cholesterol: 17.81mg (5.94%), Sodium: 261.41mg

(11.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.82mg (40.8%), Vitamin C: 31.59mg (38.29%), Fiber: 7.82g (31.28%), Calcium: 106.82mg (10.68%), Vitamin B2: 0.18mg (10.33%), Vitamin K: 9.86µg (9.39%), Phosphorus: 92.28mg (9.23%), Magnesium: 33.62mg (8.4%), Potassium: 282.76mg (8.08%), Vitamin E: 1.18mg (7.86%), Folate: 28.6µg (7.15%), Vitamin B5: 0.65mg (6.53%), Copper: 0.13mg (6.39%), Vitamin D: 0.94µg (6.26%), Vitamin A: 284.48IU (5.69%), Zinc: 0.76mg (5.08%), Iron: 0.89mg (4.93%), Vitamin B12: 0.29µg (4.86%), Vitamin B1: 0.07mg (4.72%), Vitamin B6: 0.09mg (4.65%), Selenium: 2.97µg (4.24%), Vitamin B3: 0.79mg (3.93%)