



Raspberry-Buttermilk Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk low-fat
- ☐ 1 cup milk 2% reduced-fat
- ☐ 14 ounce raspberries unsweetened frozen thawed
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

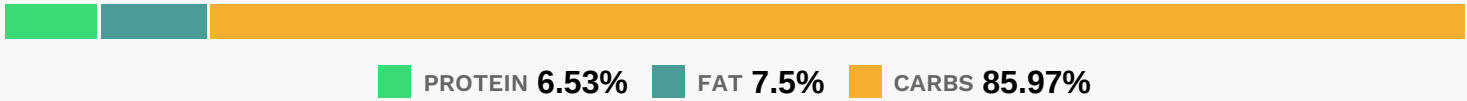
- ☐ food processor
- ☐ bowl

☐ sieve

Directions

- ☐ Place raspberries in a food processor; process until smooth. Strain raspberries through a sieve into a bowl, reserving raspberry pure. Discard solids.
- ☐ Combine raspberry puree, sugar, and vanilla in a large bowl. Stir in milks.
- ☐ Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:20.74, Inflammation Score:-2, Nutrition Score:5.6117391016172%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 171.7kcal (8.59%), Fat: 1.49g (2.3%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 34.85g (12.67%), Sugar: 34.44g (38.27%), Cholesterol: 4.07mg (1.36%), Sodium: 67.49mg (2.93%), Alcohol: 0.2g (100%), Alcohol %: 0.16% (100%), Protein: 2.93g (5.86%), Manganese: 0.39mg (19.39%), Vitamin C: 15.27mg (18.5%), Fiber: 3.69g (14.74%), Calcium: 94.75mg (9.48%), Vitamin B2: 0.14mg (8.39%), Phosphorus: 78.01mg (7.8%), Potassium: 186mg (5.31%), Magnesium: 20.02mg (5.01%), Vitamin K: 4.52µg (4.31%), Vitamin B12: 0.25µg (4.24%), Vitamin B5: 0.4mg (4.01%), Folate: 15.31µg (3.83%), Zinc: 0.55mg (3.65%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.87%), Vitamin B6: 0.06mg (2.79%), Selenium: 1.81µg (2.59%), Iron: 0.43mg (2.39%), Vitamin B3: 0.39mg (1.96%), Vitamin A: 69.21IU (1.38%)