



Raspberry Chili Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



126 kcal

DESSERT

Ingredients

- 6 servings mint leaves fresh for garnish
- 2 juice of lemon juiced
- 1.5 pounds raspberries
- 0.5 cup sugar
- 1 thai chile stemmed seeded roughly chopped
- 1 cup water

Equipment

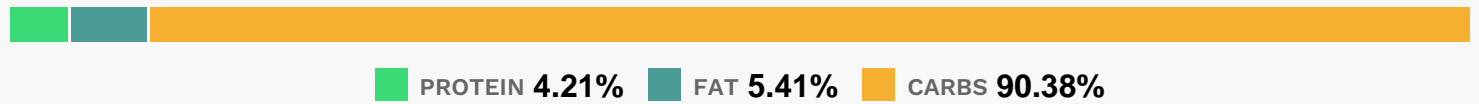
- sieve

- blender
- ice cream machine

Directions

- Using a blender, combine all of the ingredients and puree. Pass through a strainer to remove the seeds.
- Place the mixture in an ice cream machine and freeze sorbet according to manufacture's directions.
- Place in freezer until ready to serve.
- Serve in a Martini glass with fresh mint leaves.

Nutrition Facts



Properties

Glycemic Index:16.02, Glycemic Load:13.23, Inflammation Score:-4, Nutrition Score:8.0304348352163%

Flavonoids

Cyanidin: 51.9mg, Cyanidin: 51.9mg, Cyanidin: 51.9mg, Cyanidin: 51.9mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg, Epicatechin: 3.99mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 126.23kcal (6.31%), Fat: 0.82g (1.27%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 23.49g (8.54%), Sugar: 21.92g (24.36%), Cholesterol: 0mg (0%), Sodium: 3.72mg (0.16%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin C: 35.11mg (42.56%), Manganese: 0.77mg (38.73%), Fiber: 7.49g (29.95%), Vitamin K: 8.92µg (8.49%), Folate: 27.07µg (6.77%), Magnesium: 26.87mg (6.72%), Vitamin E: 1mg (6.7%), Copper: 0.12mg (5.76%), Potassium: 189.25mg (5.41%), Iron: 0.86mg (4.75%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.71mg (3.55%), Vitamin B6: 0.07mg (3.48%), Phosphorus: 34.65mg (3.46%), Zinc: 0.5mg (3.33%), Calcium: 32.82mg (3.28%), Vitamin B2: 0.05mg (2.99%), Vitamin B1: 0.04mg (2.66%), Vitamin A: 86.4IU (1.73%)