



Raspberry-Ginger Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



8 min.

SERVINGS



5

CALORIES



176 kcal

DESSERT

Ingredients

- 2 teaspoons ginger fresh grated
- 1 tablespoon juice of lime
- 20 ounce raspberries fresh unsweetened thawed
- 0.8 cup sugar

Equipment

- food processor
- bowl
- frying pan

- sauce pan
- sieve
- wooden spoon
- glass baking pan

Directions

- Combine sugar and 1 cup water in a small saucepan, and cook over medium heat, stirring often, 3 to 4 minutes or until sugar dissolves.
- Remove pan from heat, and let cool to room temperature, about 30 minutes.
- Place raspberries and lime juice in a food processor, and process until smooth. Strain raspberry mixture through a fine wire-mesh sieve placed over a bowl, pressing solids with a wooden spoon to extract liquid. Discard solids.
- Stir cooled sugar mixture into raspberry mixture; stir in ginger.
- Transfer to a 13- x 9-inch glass baking dish.
- Freeze, stirring every 15 minutes, until almost firm, about 1 hour. Freeze (without stirring) until firm, 2 hours or overnight. May be frozen, covered, for up to 1 week.

Nutrition Facts



■ **PROTEIN 2.95%**
■ **FAT 4.02%**
■ **CARBS 93.03%**

Properties

Glycemic Index:22.22, Glycemic Load:22.55, Inflammation Score:-4, Nutrition Score:7.5678260870602%

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: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol:

0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 175.86kcal (8.79%), Fat: 0.84g (1.29%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 36.37g (13.23%), Sugar: 35.02g (38.91%), Cholesterol: 0mg (0%), Sodium: 1.6mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Manganese: 0.76mg (38.17%), Vitamin C: 30.65mg (37.15%), Fiber: 7.4g (29.6%), Vitamin K: 8.86µg (8.44%), Vitamin E: 1mg (6.63%), Magnesium: 25.53mg (6.38%), Folate: 24.2µg (6.05%), Copper: 0.11mg (5.34%), Potassium: 178.66mg (5.1%), Iron: 0.8mg (4.47%), Vitamin B5: 0.38mg (3.78%), Vitamin B3: 0.69mg (3.44%), Phosphorus: 33.58mg (3.36%), Vitamin B6: 0.06mg (3.24%), Zinc: 0.48mg (3.23%), Calcium: 29.2mg (2.92%), Vitamin B2: 0.05mg (2.91%), Vitamin B1: 0.04mg (2.48%)