



Raspberry-Lemon Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

Ingredients

- 2 tablespoons mint leaves fresh coarsely chopped
- 3 tablespoons juice of lemon fresh (2 lemons)
- 1 teaspoon lemon rind grated (from 1 lemon)
- 6 cups raspberries fresh
- 0.8 cup sugar

Equipment

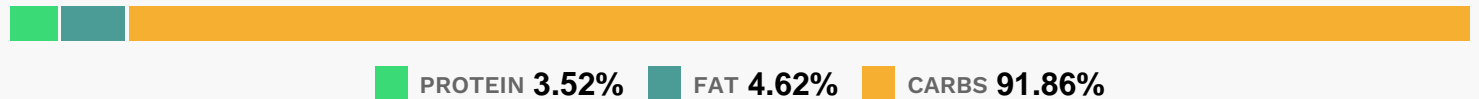
- sieve
- blender

baking pan

Directions

- Place all ingredients in a blender; process until smooth.
- Pour mixture through a sieve into an 8-inch square glass or ceramic baking dish. Cover and freeze until partially frozen (about 1 hour). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every hour, 4 hours or until completely frozen.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:11.48, Inflammation Score:-3, Nutrition Score:5.060434801423%

Flavonoids

Cyanidin: 32.95mg, Cyanidin: 32.95mg, Cyanidin: 32.95mg, Cyanidin: 32.95mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg, Delphinidin: 0.95mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 96.97kcal (4.85%), Fat: 0.54g (0.83%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24g (8%), Net Carbohydrates: 19.2g (6.98%), Sugar: 18.27g (20.3%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 21.18mg (25.67%), Manganese: 0.5mg (24.76%), Fiber: 4.79g (19.18%), Vitamin K: 5.62µg (5.35%), Folate: 17.19µg (4.3%), Magnesium: 16.94mg (4.23%), Vitamin E: 0.63mg (4.22%), Copper: 0.07mg (3.5%), Potassium: 119.67mg (3.42%), Iron: 0.56mg (3.11%), Vitamin B5: 0.25mg (2.47%), Vitamin B3: 0.45mg (2.26%), Phosphorus: 21.99mg (2.2%), Vitamin B6: 0.04mg (2.17%), Zinc: 0.32mg (2.12%), Calcium: 21.12mg (2.11%), Vitamin B2: 0.03mg (1.98%), Vitamin B1: 0.03mg (1.67%), Vitamin A: 66.61IU (1.33%)