



Raspberry Lemonade Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



3 min.

SERVINGS



8

CALORIES



176 kcal

DESSERT

Ingredients

- 12 ounce lemonade concentrate frozen thawed canned
- 10 ounce raspberries in syrup frozen thawed
- 1.5 cups water

Equipment

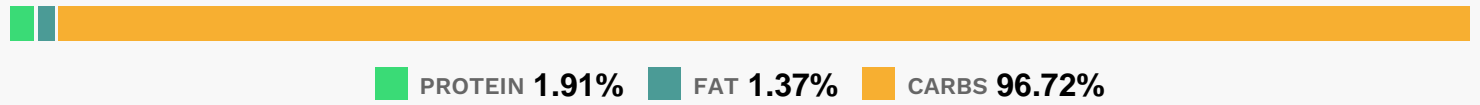
- bowl
- sieve
- blender
- baking pan

ice cream scoop

Directions

- Process raspberries in a blender until smooth. Strain berries through a sieve into a bowl. Discard solids.
- Add lemonade concentrate and water; stir well.
- Pour mixture into an 8-inch square baking pan. Cover and freeze at least 8 hours. Scrape surface of sorbet with a spoon or ice cream scoop to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.71217391218828%

Nutrients (% of daily need)

Calories: 176.19kcal (8.81%), Fat: 0.3g (0.46%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 47.25g (17.18%), Sugar: 40.02g (44.46%), Cholesterol: 0mg (0%), Sodium: 30.35mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin C: 5.57mg (6.75%), Calcium: 27.93mg (2.79%)