



Refreshing Lemon Sherbet



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 3 cups half-and-half
- ☐ 0.5 cup juice of lemon fresh 4 lemon
- ☐ 4 teaspoons lemon rind finely grated 1 large lemon
- ☐ 1 sprigs garnishes: mint lemon wedges fresh thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup water

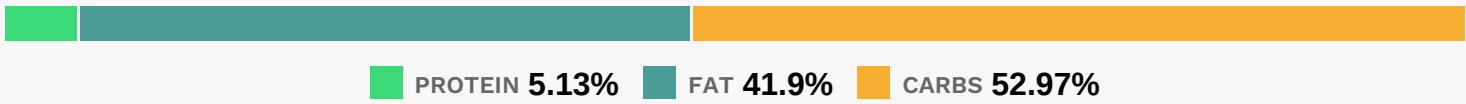
Equipment

☐ bowl

Directions

- ☐ Stir together first 6 ingredients in a large bowl, stirring until well blended.
- ☐ Pour lemon mixture into freezer container of a 4-quart ice-cream maker; freeze according to manufacturer's instructions.
- ☐ Garnish each serving, if desired.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:1.7765217329497%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 116.8kcal (5.84%), Fat: 5.63g (8.66%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.93g (5.79%), Sugar: 15.53g (17.26%), Cholesterol: 16.94mg (5.65%), Sodium: 49.55mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin B2: 0.1mg (5.77%), Calcium: 53.39mg (5.34%), Vitamin C: 4.31mg (5.22%), Phosphorus: 46.71mg (4.67%), Vitamin A: 172.11IU (3.44%), Selenium: 1.64µg (2.34%), Potassium: 73.48mg (2.1%), Vitamin B12: 0.09µg (1.53%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.03mg (1.45%), Magnesium: 5.49mg (1.37%), Zinc: 0.2mg (1.31%), Vitamin B1: 0.02mg (1.12%)