



Refreshing Lime 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 lime fresh (4 limes)
- ☐ 4 teaspoons lime rind finely grated (1 large lime)
- ☐ 1 sprigs garnishes: mint lime wedges fresh thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup water

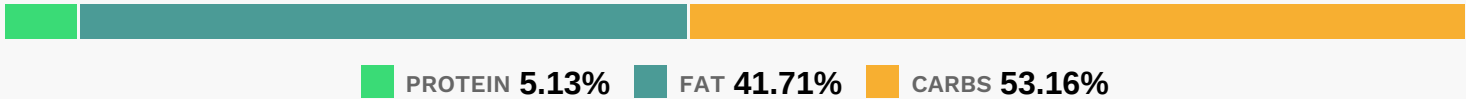
Equipment

☐ bowl

Directions

- ☐ Stir together first 6 ingredients in a large bowl, stirring until well blended.
- ☐ Pour lime mixture into freezer container of a 4-quart ice-cream maker; freeze according to manufacturer's instructions.
- ☐ Garnish each serving, if desired.
- ☐ Refreshing Lemon Sherbet: Substitute a large lemon for the lime and fresh lemon juice for lime juice. Proceed as directed.
- ☐ Garnish with fresh mint sprigs, thinly sliced lemon wedges, and lemon rind strips.

Nutrition Facts



Properties

Glycemic Index:8.94, Glycemic Load:9.32, Inflammation Score:-1, Nutrition Score:1.7052173718162%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 116.93kcal (5.85%), Fat: 5.62g (8.64%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 16.05g (5.84%), Sugar: 15.45g (17.17%), Cholesterol: 16.94mg (5.65%), Sodium: 49.6mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin B2: 0.1mg (5.75%), Calcium: 53.5mg (5.35%), Phosphorus: 47.22mg (4.72%), Vitamin C: 3.03mg (3.67%), Vitamin A: 175.67IU (3.51%), Selenium: 1.64µg (2.34%), Potassium: 74.21mg (2.12%), Vitamin B12: 0.09µg (1.53%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.6mg (1.4%), Vitamin B6: 0.03mg (1.38%), Zinc: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.11%)