



Rhubarb-Ginger Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



4

CALORIES



621 kcal

DESSERT

Ingredients

- ☐ 2 cups ginger fresh unpeeled sliced
- ☐ 2 tablespoons juice of lemon to taste
- ☐ 2 quarts rhubarb fresh thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar

Equipment

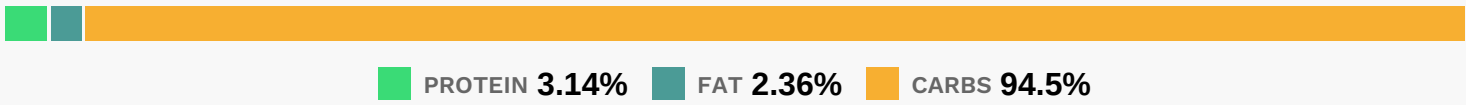
- ☐ sauce pan
- ☐ sieve

- ☐ spatula
- ☐ ice cream machine
- ☐ colander

Directions

- ☐ To make the sorbet: In a nonreactive saucepan, bring the rhubarb, ginger syrup, and salt to a gentle simmer over medium-low heat. Cook for 10 to 15 minutes, until the rhubarb turns a deep dusky rose color and is the texture of very soft applesauce. Push through a medium (not fine) sieve or colander with a spatula while still warm. It should yield 4 cups. Cool before adding the lemon juice and freezing in an ice cream maker according to the manufacturer's directions.
- ☐ To make the ginger syrup: Bring 1 1/4 cups water to a boil in a nonreactive saucepan. Stir in the sugar and ginger and bring to a very low simmer. Cook for 1 hour. Cool the ginger in the liquid and then strain.

Nutrition Facts



Properties

Glycemic Index:24.52, Glycemic Load:90.08, Inflammation Score:-7, Nutrition Score:19.983912944794%

Flavonoids

Catechin: 10.27mg, Catechin: 10.27mg, Catechin: 10.27mg, Catechin: 10.27mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epicatechin 3-gallate: 2.84mg, Epicatechin 3-gallate: 2.84mg, Epicatechin 3-gallate: 2.84mg, Epicatechin 3-gallate: 2.84mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 620.67kcal (31.03%), Fat: 1.72g (2.65%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 155.03g (51.68%), Net Carbohydrates: 145.53g (52.92%), Sugar: 130.96g (145.51%), Cholesterol: 0mg (0%), Sodium: 171.83mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin K: 138.69µg (132.08%), Vitamin C: 43.16mg (52.31%), Manganese: 1.04mg (52.18%), Potassium: 1572.2mg (44.92%), Calcium: 416.4mg (41.64%), Fiber: 9.5g (38%), Magnesium: 77.87mg (19.47%), Copper: 0.22mg (10.9%), Vitamin B2: 0.18mg (10.77%), Folate: 39.9µg (9.98%), Vitamin B6: 0.19mg (9.69%), Vitamin A: 483.09IU (9.66%), Vitamin E: 1.41mg (9.42%), Selenium: 6.3µg

(9%), Vitamin B3: 1.79mg (8.93%), Phosphorus: 83.16mg (8.32%), Iron: 1.4mg (7.77%), Vitamin B1: 0.11mg (7.23%),
Vitamin B5: 0.51mg (5.09%), Zinc: 0.65mg (4.35%)