



Roasted Strawberry-Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

DESSERT

Ingredients

- 1.5 cups buttermilk
- 1 pinch kosher salt
- 0.3 cup cream sour
- 1 cup sugar
- 0.5 vanilla pod split
- 1 pound strawberries hulled halved quartered

Equipment

- oven

- blender
- baking pan
- ice cream machine

Directions

- Preheat oven to 425°F.
- Combine strawberries and sugar in a 13x9x2" baking pan. Scrape in seeds from vanilla bean and add pod; toss to combine. Roast berries, stirring occasionally, until juices are bubbling, 15–20 minutes.
- Let cool.
- Discard pod. Purée berries, buttermilk, sour cream, and salt in a blender until smooth. Process mixture in an ice cream maker according to manufacturer's instructions.
- Transfer sherbet to an airtight container and freeze until ready to serve.
- DO AHEAD: Sherbet can be made 1 week ahead. Keep frozen.
- Let soften at room temperature 15 minutes before serving.

Nutrition Facts

PROTEIN 4.87% **FAT 19.42%** **CARBS 75.71%**

Properties

Glycemic Index:23.52, Glycemic Load:25.9, Inflammation Score:-4, Nutrition Score:6.889130509418%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 216kcal (10.8%), Fat: 4.86g (7.48%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 41.12g (14.95%), Sugar: 40.33g (44.81%), Cholesterol: 14.14mg (4.71%), Sodium: 74.51mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin C: 44.57mg (54.02%), Manganese: 0.3mg (14.85%), Calcium: 94.34mg (9.43%), Vitamin B2: 0.15mg (8.68%), Phosphorus: 78.85mg (7.89%), Potassium: 213.31mg (6.09%), Fiber: 1.51g (6.05%), Folate: 21.91µg (5.48%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.3µg (5.05%), Selenium: 3.2µg (4.56%), Magnesium: 17.11mg (4.28%), Vitamin A: 187.68IU (3.75%), Vitamin B5: 0.37mg (3.65%), Vitamin B1: 0.05mg (3.26%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (2.8%), Zinc: 0.38mg (2.53%), Vitamin E: 0.31mg (2.07%), Iron: 0.35mg (1.96%), Vitamin K: 2.03µg (1.94%), Vitamin B3: 0.36mg (1.79%)