



Simple Pineapple Sherbet

 Vegetarian  Gluten Free

READY IN

ready

140 min.

SERVINGS

servings

8

CALORIES

calories

148 kcal

DESSERT

Ingredients

- ☐ 1 quart lowfat buttermilk
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 2 tablespoons pineapple juice
- ☐ 0.8 cup sugar

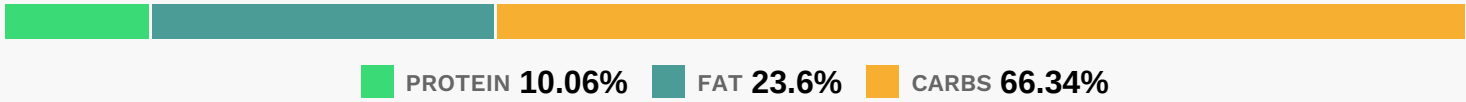
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a small heavy bottomed saucepan over medium heat, add the pineapple, sugar, water or pineapple juice, lemon juice and zest. Stir just until sugar melts.
- ☐ Let cool to room temperature.
- ☐ Transfer pineapple mixture to a food processor, with 1 cup buttermilk. Puree until smooth. With the motor running, gradually add remaining buttermilk, until smooth and well blended.
- ☐ Pour into a freezer-safe dish and place in the freezer. Freeze until firm, at least 2 hours. Eat and enjoy!

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:15.1, Inflammation Score:-2, Nutrition Score:4.2247825990552%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.46kcal (7.42%), Fat: 3.99g (6.14%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 25.18g (9.16%), Sugar: 24.96g (27.74%), Cholesterol: 13.01mg (4.34%), Sodium: 124.52mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Calcium: 137.27mg (13.73%), Vitamin B2: 0.21mg (12.27%), Vitamin D: 1.54µg (10.25%), Phosphorus: 101.18mg (10.12%), Vitamin B12: 0.54µg (9.07%), Selenium: 4.5µg (6.43%), Potassium: 169.21mg (4.83%), Vitamin B5: 0.46mg (4.57%), Vitamin B1: 0.06mg (3.92%), Vitamin A: 195.72IU (3.91%), Magnesium: 12.54mg (3.14%), Zinc: 0.46mg (3.05%), Vitamin C: 2.15mg (2.6%), Vitamin B6: 0.05mg (2.42%), Folate: 7.37µg (1.84%), Copper: 0.03mg (1.72%), Manganese: 0.02mg (1.24%)