



Simple Watermelon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



115 kcal

DESSERT

Ingredients

- 0.3 cup juice of lemon
- 0.5 cup water
- 3 cups watermelon cubed seeded
- 1 cup sugar white

Equipment

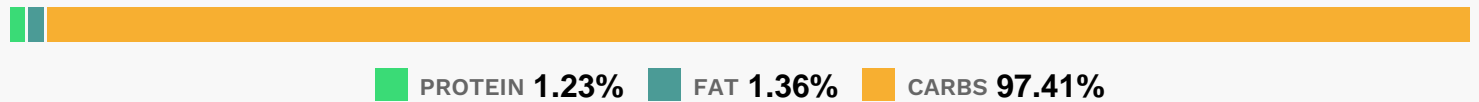
- food processor
- sauce pan
- blender

ice cream machine

Directions

- Combine sugar, water, and lemon juice in a saucepan over medium heat; cook and stir until sugar is dissolved, about 5 minutes.
- Remove from heat and refrigerate until cooled, about 30 minutes.
- Blend watermelon in a blender or food processor until pureed. Stir pureed watermelon into sugar mixture.
- Transfer watermelon mixture to an ice cream maker and freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:20.5, Inflammation Score:-3, Nutrition Score:1.430869569759%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.03kcal (5.75%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 29.48g (10.72%), Sugar: 28.68g (31.86%), Cholesterol: 0mg (0%), Sodium: 1.64mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 7.57mg (9.17%), Vitamin A: 324.79IU (6.5%), Potassium: 72.19mg (2.06%), Magnesium: 6.31mg (1.58%), Copper: 0.03mg (1.46%), Vitamin B6: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.38%), Vitamin B5: 0.14mg (1.36%), Manganese: 0.02mg (1.18%), Vitamin B2: 0.02mg (1.05%)