



Simply Blueberry Sorbet



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 1 large egg whites
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup water

Equipment

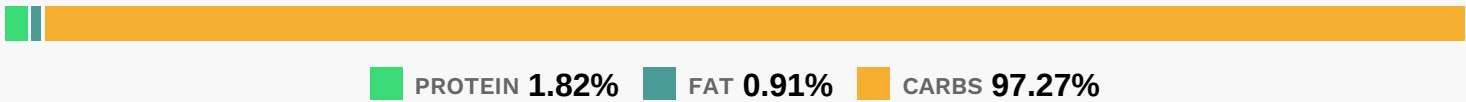
- ☐ frying pan
- ☐ sauce pan

- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In a medium saucepan over medium heat, combine the sugar, water, and salt. Cook, stirring, until the sugar and salt have dissolved, about 3 minutes.
- ☐ Let cool for 15 minutes.
- ☐ In a blender, purée the blueberries with the syrup and lemon juice until very smooth (you may need to divide this into several batches if your blender is not extra-large). If desired, strain through a fine-mesh sieve for a smoother texture. Cover and refrigerate until chilled, at least 4 hours or overnight.
- ☐ Churn in an ice cream maker according to the manufacturer's directions.
- ☐ Add the egg white, if using, during the last 2 to 3 minutes of churning. If making the ice cream cake, immediately pack into the pan. Or store, tightly covered, in the freezer.
- ☐ Replace 1/4 cup of the water with pure pomegranate juice (we recommend either Pom Wonderful or Knudsen's 100% Pomegranate Juice).

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:69.81, Inflammation Score:-1, Nutrition Score:1.6052174085508%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 400.29kcal (20.01%), Fat: 0.42g (0.65%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 101.82g (33.94%), Net Carbohydrates: 101.73g (36.99%), Sugar: 100.69g (111.87%), Cholesterol: 0mg (0%), Sodium: 613.02mg (26.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Vitamin C: 11.8mg (14.31%), Vitamin B2:

0.1mg (5.65%), Selenium: 3.93µg (5.62%), Potassium: 60.43mg (1.73%), Folate: 6.76µg (1.69%), Copper: 0.03mg (1.28%), Magnesium: 4.25mg (1.06%)