

Simply Blueberry Sorbet

Vegetarian Gluten Free Dairy Free Low Fod Map

READY IN

SERVINGS

45 min.

2



DESSERT

Ingredients

1 large egg white

0.3 cup juice of lemon freshly squeezed

0.5 teaspoon salt

1 cup sugar

0.5 cup water

Equipment

frying pan

sauce pan

Ħ	blender
Н	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
	PROTEIN 1.82% FAT 0.91% CARBS 97.27%
Droportios	

Properties

sieve

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, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, 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: Omg (0%), Sodium: 613.02mg (26.65%), Alcohol: Og (100%), Alcohol %: O% (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%)