



Simply Strawberry Sorbet



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 1 large egg whites
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons water

Equipment

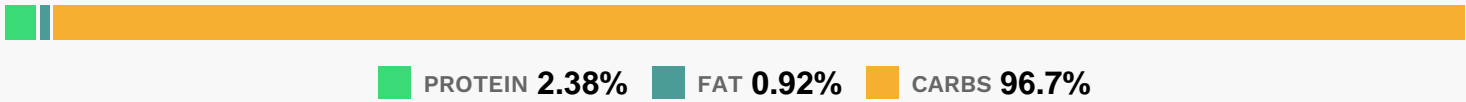
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Make the simple syrup: In a 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 strawberries 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.
- ☐ Cut 7 passion fruits in half and scoop the pulp and seeds into a blender. Blend for 20 seconds, then pass through a fine-mesh strainer into a small bowl, pushing on the solids with back of a wooden spoon. Measure out 6 tablespoons of this purée and combine with the strawberries, syrup, and lemon juice in a blender as directed above.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:52.36, Inflammation Score:-1, Nutrition Score:1.3204347950447%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 302.28kcal (15.11%), Fat: 0.32g (0.5%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 76.37g (25.46%), Net Carbohydrates: 76.31g (27.75%), Sugar: 75.53g (83.93%), Cholesterol: 0mg (0%), Sodium: 321.3mg (13.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin C: 8.71mg (10.55%), Selenium: 3.77µg (5.39%), Vitamin B2: 0.09mg (5.3%), Potassium: 51.63mg (1.48%), Folate: 5.16µg (1.29%)