



Sorbet Sandwiches

 Dairy Free

READY IN



2 min.

SERVINGS



6

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 large gingersnap cookies
- ☐ 1 pint cranberry-orange relish or any flavor sorbet

Equipment

- ☐ plastic wrap

Directions

Spoon orange sorbet onto one cookie, top with another cookie. Repeat until cookies are gone. Wrap individually in plastic wrap, and freeze until firm. You can also freeze them in a container instead of wrapping.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:11.72043471751%

Flavonoids

Hesperetin: 21.49mg, Hesperetin: 21.49mg, Hesperetin: 21.49mg, Hesperetin: 21.49mg Naringenin: 12.08mg, Naringenin: 12.08mg, Naringenin: 12.08mg, Naringenin: 12.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 303.31kcal (15.17%), Fat: 6.37g (9.79%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 55.22g (20.08%), Sugar: 20.11g (22.34%), Cholesterol: 0mg (0%), Sodium: 355.2mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin C: 41.95mg (50.85%), Manganese: 1.01mg (50.75%), Iron: 4.17mg (23.19%), Folate: 79.34µg (19.83%), Fiber: 3.3g (13.2%), Vitamin B1: 0.2mg (13.11%), Vitamin B2: 0.22mg (12.89%), Copper: 0.23mg (11.53%), Vitamin B3: 2.3mg (11.48%), Potassium: 364.18mg (10.41%), Magnesium: 39.25mg (9.81%), Calcium: 80.83mg (8.08%), Phosphorus: 64.16mg (6.42%), Vitamin B6: 0.11mg (5.5%), Selenium: 3.66µg (5.23%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.44mg (4.4%), Vitamin A: 178.72IU (3.57%), Zinc: 0.41mg (2.71%), Vitamin K: 1.6µg (1.52%)