



Spiced Fresh Orange and Honey Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 2 star anise whole
- ☐ 1 small bay leaf fresh
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 0.5 cup honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 cups orange juice fresh chilled
- ☐ 1 cup sugar
- ☐ 3 cups water

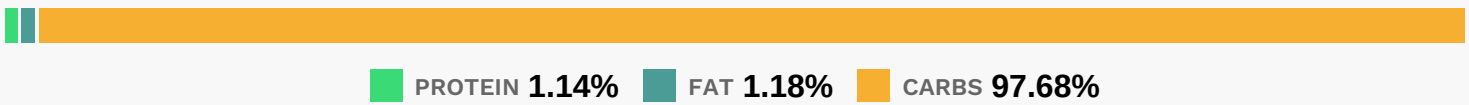
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Combine first 8 ingredients in heavy large saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Boil until syrup is thick and mixture is reduced to 2 cups, about 12 minutes. Discard bay leaf; cool syrup.
- ☐ Strain syrup into medium bowl.
- ☐ Add orange juice and lemon juice.
- ☐ Transfer to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer sorbet to container, cover, and freeze until firm, at least 6 hours and up to 3 days.

Nutrition Facts



Properties

Glycemic Index:48.59, Glycemic Load:59.74, Inflammation Score:-5, Nutrition Score:6.6795652155643%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 16.45mg, Hesperetin: 16.45mg, Hesperetin: 16.45mg, Hesperetin: 16.45mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 382.76kcal (19.14%), Fat: 0.53g (0.81%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 98.97g (32.99%), Net Carbohydrates: 98.49g (35.81%), Sugar: 95.42g (106.02%), Cholesterol: 0mg (0%), Sodium: 12.73mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin C: 66.77mg (80.93%), Folate: 40.58µg (10.15%), Potassium: 297.22mg (8.49%), Vitamin B1: 0.12mg (7.76%), Copper: 0.11mg (5.61%), Vitamin A: 251.78IU (5.04%), Magnesium: 18.57mg (4.64%), Vitamin B2: 0.07mg (3.92%), Iron: 0.67mg (3.7%), Manganese: 0.07mg (3.61%), Vitamin B6: 0.07mg (3.57%), Vitamin B3: 0.59mg (2.93%), Vitamin B5: 0.29mg (2.87%), Phosphorus:

26.5mg (2.65%), Calcium: 26.4mg (2.64%), Fiber: 0.48g (1.92%), Zinc: 0.22mg (1.45%), Selenium: 0.81µg (1.16%)