



Spiced Fresh Orange and Honey Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



386 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
- ☐ 2 tablespoons orange zest finely grated
- ☐ 1 cup sugar

☐ 3 cups water

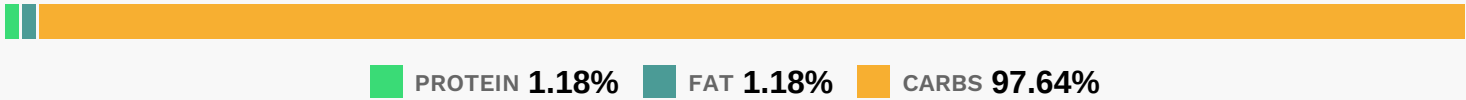
Equipment

- ☐ 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:7.0682607160314%

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: 385.67kcal (19.28%), Fat: 0.54g (0.82%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 99.72g (33.24%), Net Carbohydrates: 98.92g (35.97%), Sugar: 95.42g (106.02%), Cholesterol: 0mg (0%), Sodium: 12.82mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin C: 70.85mg (85.88%), Folate: 41.49µg (10.37%), Potassium: 303.58mg (8.67%), Vitamin B1: 0.12mg (8%), Copper: 0.11mg (5.74%), Vitamin A: 264.38IU (5.29%), Magnesium: 19.23mg (4.81%), Vitamin B2: 0.07mg (4.08%), Vitamin B6: 0.08mg (3.84%), Iron: 0.69mg

(3.83%), Manganese: 0.07mg (3.61%), Fiber: 0.8g (3.2%), Calcium: 31.23mg (3.12%), Vitamin B3: 0.61mg (3.07%), Vitamin B5: 0.3mg (3.01%), Phosphorus: 27.13mg (2.71%), Zinc: 0.22mg (1.5%), Selenium: 0.84µg (1.2%)