






 **2%**
HEALTH SCORE

Strawberry Basil Italian Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

45 min.

SERVINGS

6

CALORIES

250 kcal

DESSERT

Ingredients

- 0.3 cup basil
- 0.3 cup basil
- 1 juice of lemon
- 1.5 cups simple syrup glaze
- 400 grams strawberries for garnishing (Reserve some)

Equipment

- bowl
- sauce pan

- blender
- microwave

Directions

- To make the simple syrup, combine one cup of water and one cup of sugar in a small sauce pan or microwave safe bowl.
- Heat until the sugar has completely dissolved. Cool a little.
- Place all the ingredients in a blender. Puree until smooth.
- Pour into 1 large container, or 6 small dishes. Freeze. When ready to serve, remove from the freezer and set on the container for 10 minutes. Then use your spoon to shave away! Make a little over 3 cups, or 6 individual servings.

Nutrition Facts

■ PROTEIN **0.77%**
■ FAT **0.74%**
■ CARBS **98.49%**

Properties

Glycemic Index:30, Glycemic Load:1.53, Inflammation Score:-3, Nutrition Score:6.2434782608696%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg, Pelargonidin: 16.57mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 249.53kcal (12.48%), Fat: 0.22g (0.35%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 65.76g (23.91%), Sugar: 65.06g (72.29%), Cholesterol: 0mg (0%), Sodium: 49.66mg (2.16%), Protein: 0.53g (1.05%), Vitamin C: 41.5mg (50.3%), Iron: 3.37mg (18.74%), Manganese: 0.28mg (14.04%), Vitamin K: 9.77µg (9.3%), Vitamin B1: 0.13mg (8.49%), Fiber: 1.38g (5.52%), Potassium: 166.13mg (4.75%), Magnesium: 18.67mg (4.67%), Folate: 18.36µg (4.59%), Vitamin B2: 0.07mg (3.97%), Copper: 0.06mg (2.87%), Calcium: 25.46mg (2.55%), Phosphorus: 24.26mg (2.43%), Vitamin A: 113.8IU (2.28%), Vitamin B6: 0.04mg (1.84%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.27mg (1.81%), Vitamin E: 0.22mg (1.45%), Selenium: 0.87µg (1.24%)