



# Strawberry Basil Sorbet (no Ice Cream Maker Necessary!)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



173 kcal

DESSERT

## Ingredients

- 0.3 c basil finely chopped
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- 1 t basil oil
- 2 T agave nectar
- 1 bag strawberries organic thawed for a 1/2 hour (my bag was 12 oz; 16 oz would be better!)

## Equipment

# Nutrition Facts

PROTEIN 0.97% FAT 24.59% CARBS 74.44%

## Properties

Glycemic Index:195, Glycemic Load:4.91, Inflammation Score:-3, Nutrition Score:5.8417391304348%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 0.03%, Sourness: 0.53%, Bitterness: 0.08%, Savoriness: 0.02%, Fattiness: 16.51%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 173.06kcal (8.65%), Fat: 4.77g (7.34%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 32.19g (11.7%), Sugar: 28.64g (31.83%), Cholesterol: 0mg (0%), Sodium: 2.26mg (0.1%), Protein: 0.42g (0.85%), Vitamin K: 61.98µg (59.03%), Vitamin A: 633.12IU (12.66%), Vitamin C: 9.89mg (11.99%), Vitamin E: 1.16mg (7.72%), Manganese: 0.14mg (7.19%), Vitamin B6: 0.12mg (5.87%), Folate: 21µg (5.25%), Vitamin B2: 0.08mg (4.63%), Vitamin B1: 0.06mg (3.7%), Copper: 0.05mg (2.52%), Iron: 0.45mg (2.49%), Calcium: 21.87mg (2.19%), Magnesium: 8.23mg (2.06%), Vitamin B3: 0.4mg (2.01%), Fiber: 0.3g (1.18%), Potassium: 38.66mg (1.1%), Selenium: 0.75µg (1.08%)