



## Strawberry-Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



79 kcal

DESSERT

### Ingredients

- 2 cups buttermilk
- 15 servings garnish: mint sprigs fresh
- 2 cups strawberries fresh
- 1 cup sugar
- 1 teaspoon vanilla extract

### Equipment

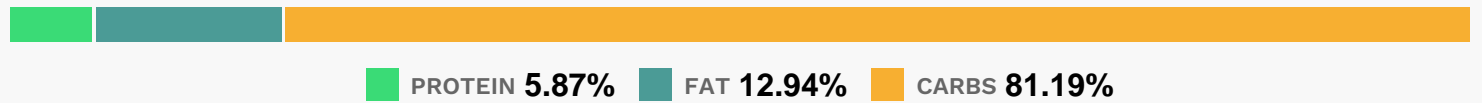
- food processor
- bowl

- sieve
- blender

## Directions

- Process strawberries in a food processor or blender 30 seconds or until smooth, stopping to scrape down sides.
- Pour strawberry puree through a fine wire-mesh strainer into a large bowl, pressing with back of a spoon. Discard solids.
- Add buttermilk, sugar, and vanilla to puree; stir until well blended. Cover and chill 1 hour.
- Pour strawberry mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.)
- Garnish, if desired.
- \*1 (16-oz.) package frozen strawberries, thawed, may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:9.41, Glycemic Load:10.23, Inflammation Score:-1, Nutrition Score:2.3921738992567%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 78.79kcal (3.94%), Fat: 1.17g (1.8%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.03g (5.83%), Sugar: 15.84g (17.6%), Cholesterol: 3.52mg (1.17%), Sodium: 34.26mg (1.49%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 1.19g (2.39%), Vitamin C: 11.61mg (14.07%), Manganese: 0.09mg (4.41%), Calcium: 42.46mg (4.25%), Vitamin B2: 0.06mg (3.81%), Phosphorus: 32.55mg (3.26%), Vitamin D: 0.42µg (2.77%), Vitamin B12: 0.15µg (2.45%), Potassium: 78.93mg (2.26%), Vitamin A: 97.58IU (1.95%), Selenium: 1.34µg (1.92%), Fiber: 0.46g (1.86%), Folate: 7.35µg (1.84%), Magnesium: 6.53mg (1.63%), Vitamin B5: 0.15mg (1.49%), Vitamin B1: 0.02mg (1.37%), Vitamin B6: 0.02mg (1.1%), Copper: 0.02mg (1.08%), Zinc: 0.16mg (1.07%)