



## Strawberry-Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



94 kcal

DESSERT

### Ingredients

- 0.3 cup agave nectar
- 1.5 cups buttermilk whole
- 3 tablespoons raspberries (raspberry-flavored liqueur)
- 2 cups strawberries chopped

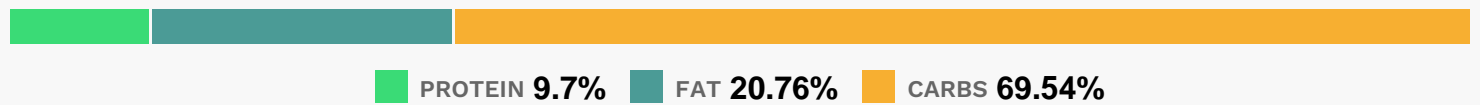
### Equipment

- blender

## Directions

- Combine berries and nectar in a blender; process until smooth (about 1 minute).
- Add buttermilk; process until well blended.
- Add liqueur; pulse to mix.
- Add juice, if desired. Chill mixture 1 hour.
- Pour into freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

## Nutrition Facts



## Properties

Glycemic Index:18.67, Glycemic Load:3.5, Inflammation Score:-3, Nutrition Score:5.8043478934661%

## Flavonoids

Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg, Cyanidin: 4.19mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 12mg, Pelargonidin: 12mg, Pelargonidin: 12mg, Pelargonidin: 12mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 94.29kcal (4.71%), Fat: 2.23g (3.44%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.37g (5.59%), Sugar: 13.91g (15.46%), Cholesterol: 6.6mg (2.2%), Sodium: 64.04mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin C: 32.24mg (39.08%), Manganese: 0.24mg (11.89%), Vitamin B2: 0.14mg (8.04%), Calcium: 78.65mg (7.87%), Phosphorus: 64.79mg (6.48%), Fiber: 1.47g (5.86%), Vitamin D: 0.78µg (5.2%), Folate: 19.74µg (4.93%), Potassium: 166.09mg (4.75%), Vitamin B12: 0.28µg

(4.6%), Vitamin K: 4.56µg (4.35%), Vitamin B6: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.8%), Selenium: 2.63µg (3.76%), Magnesium: 13.99mg (3.5%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.37mg (2.44%), Copper: 0.05mg (2.29%), Zinc: 0.33mg (2.18%), Vitamin A: 107.2IU (2.14%), Vitamin B3: 0.37mg (1.84%), Iron: 0.28mg (1.54%)