



Strawberry-Buttermilk Sherbet

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients

- 0.3 cup agave nectar
- 1.5 cups buttermilk whole
- 3 tablespoons rum (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

 **PROTEIN 8.85%**  **FAT 19.4%**  **CARBS 71.75%**

Properties

Glycemic Index:14.33, Glycemic Load:3.4, Inflammation Score:0, Nutrition Score:5.3469564655553%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 113.55kcal (5.68%), Fat: 2.21g (3.4%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.38g (6.32%), Sugar: 16g (17.78%), Cholesterol: 6.6mg (2.2%), Sodium: 64.57mg (2.81%), Alcohol: 1.95g (100%), Alcohol %: 1.93% (100%), Protein: 2.27g (4.53%), Vitamin C: 30.3mg (36.73%), Manganese: 0.19mg (9.48%), Vitamin B2: 0.13mg (7.93%), Calcium: 76.88mg (7.69%), Phosphorus: 63.09mg (6.31%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.6%), Folate: 18.19µg (4.55%), Potassium: 157.18mg (4.49%), Fiber: 0.98g (3.94%), Vitamin K: 3.99µg (3.8%), Selenium: 2.64µg (3.77%), Vitamin B1: 0.05mg (3.66%), Vitamin B6: 0.07mg (3.64%),

Magnesium: 12.59mg (3.15%), Vitamin B5: 0.29mg (2.88%), Copper: 0.04mg (2.11%), Vitamin A: 104.76IU (2.1%),
Vitamin E: 0.3mg (2.01%), Zinc: 0.3mg (1.99%), Vitamin B3: 0.33mg (1.67%), Iron: 0.23mg (1.28%)