



Strawberry-Honey Sorbet



Vegetarian



Gluten Free



Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 2 cups strawberries chopped
- ☐ 2 cups apple juice
- ☐ 0.3 cup mint leaves dried fresh chopped
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon lemon zest grated

Equipment

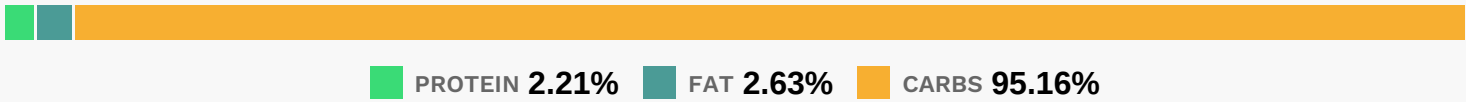
- ☐ food processor
- ☐ sauce pan

☐ blender

Directions

- ☐ Heat strawberries, wine, mint and honey in 1 1/2-quart saucepan over medium heat 5 minutes, stirring occasionally; remove from heat. Cover and refrigerate at least 4 hours, but no longer than 24 hours.
- ☐ Place strawberry mixture in blender or food processor. Cover and blend until smooth; strain.
- ☐ Stir in lemon peel.
- ☐ Pour into 1-quart ice-cream freezer. Freeze according to manufacturer's directions.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:7.01, Inflammation Score:-2, Nutrition Score:2.9165217306303%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 65.08kcal (3.25%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.51g (5.64%), Sugar: 14.2g (15.78%), Cholesterol: 0mg (0%), Sodium: 3.61mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 22.54mg (27.32%), Manganese: 0.21mg (10.38%),

Fiber: 1g (3.99%), Potassium: 130.2mg (3.72%), Folate: 10.43µg (2.61%), Magnesium: 9.1mg (2.28%), Iron: 0.33mg (1.83%), Copper: 0.03mg (1.62%), Vitamin B6: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.53%), Vitamin B2: 0.03mg (1.49%), Calcium: 14.94mg (1.49%), Phosphorus: 14.35mg (1.44%), Vitamin A: 64.8IU (1.3%), Vitamin B3: 0.22mg (1.09%)