

Strawberry-Lime Ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



380 min.

SERVINGS



6

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 4 cups strawberries
- ☐ 1.5 cups ice crushed
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons juice of lime

Equipment

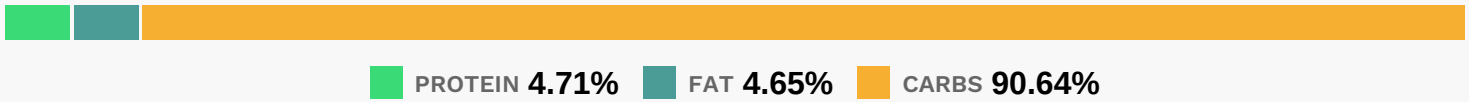
- ☐ food processor
- ☐ bowl
- ☐ loaf pan

☐ hand mixer

Directions

- ☐ Place half of the strawberries, ice, powdered sugar and lime juice at a time in food processor. Cover and process until smooth.
- ☐ Pour into loaf pan, 9x5x3 inches. Freeze at least 2 hours or until icy.
- ☐ Break strawberry mixture into chunks into bowl. Beat with electric mixer on low speed about 2 minutes or until smooth.
- ☐ Pour back into loaf pan. Freeze about 4 hours or until almost firm. Scoop or spoon into dessert dishes. (If mixture becomes too firm to scoop, remove from freezer about 1 hour before serving.)

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:2.18, Inflammation Score:-4, Nutrition Score:5.8147824911968%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg, Catechin: 2.99mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 51.42kcal (2.57%), Fat: 0.29g (0.45%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.84g (3.94%), Sugar: 9.67g (10.74%), Cholesterol: 0mg (0%), Sodium: 4.12mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin C: 57.95mg (70.24%), Manganese: 0.37mg (18.58%), Fiber: 1.94g (7.76%), Folate: 23.54µg (5.89%), Potassium: 152.83mg (4.37%), Magnesium: 13.47mg (3.37%), Copper: 0.06mg (2.86%), Phosphorus: 23.74mg (2.37%), Vitamin B6: 0.05mg (2.35%), Iron: 0.4mg (2.23%), Vitamin K: 2.14µg (2.04%), Vitamin E: 0.29mg (1.93%), Vitamin B3: 0.38mg (1.89%), Calcium: 17.88mg (1.79%), Vitamin B1: 0.02mg (1.62%), Vitamin B2: 0.02mg (1.34%), Vitamin B5: 0.13mg (1.26%)