



## Strawberry Margarita Sorbet

 Gluten Free  Dairy Free  Low Fod Map

READY IN



320 min.

SERVINGS



20

CALORIES



26 kcal

DESSERT

### Ingredients

- 1 env. knox gelatine unflavored
- 0.3 cup juice of lime
- 1 cup strawberries pureed
- 0.5 cup sugar
- 2 Tbsp tequila
- 1 cup water

### Equipment

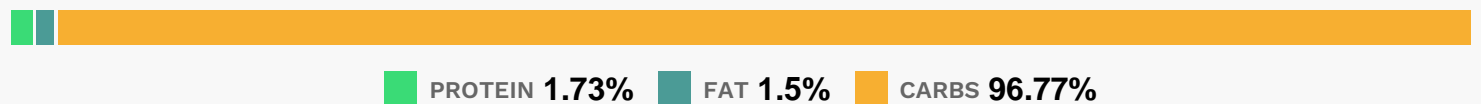
- bowl

- frying pan
- sauce pan
- hand mixer

## Directions

- Mix gelatine and sugar in medium saucepan. Stir in water; let stand 1 minute. Cook on low heat 5 minutes or until gelatine is completely dissolved.
- Remove from heat; stir in remaining ingredients.
- Pour into 9-inch square pan.
- Freeze 3 hours or until firm.
- Remove from freezer; let stand at room temperature 10 minutes or until slightly softened.
- Place in large bowl. Beat with electric mixer on low speed 30 seconds. Beat on high speed 2 minutes or until smooth and creamy. Return to pan; freeze until firm.
- Remove from freezer about 15 minutes before ready to serve.
- Let stand at room temperature until slightly softened. Spoon into dessert dishes or stemmed glasses.
- Garnish with fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:0.5247826124339%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

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

Calories: 25.94kcal (1.3%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.63g (2.05%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 0.89mg (0.04%), Alcohol: 0.5g (100%), Alcohol %: 2.22% (100%), Protein: 0.1g (0.21%), Vitamin C: 5.14mg (6.23%), Manganese: 0.03mg (1.44%)