



Strawberry & rose sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 300 g sugar
- ☐ 900 g strawberries hulled ripe
- ☐ 1 juice of lemon
- ☐ 2 tbsp rosewater

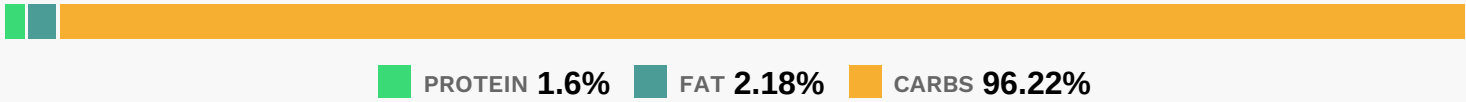
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a medium pan, combine the sugar with 300ml water.
- ☐ Let the sugar dissolve, then bring to the boil for 1 min.
- ☐ Put the strawberries in a blender or food processor and pulse until smooth. Trickle in the sugar syrup, blend again, then add the lemon juice and rose water.
- ☐ Pour the strawberry mixture into a large freezer-proof container (an old ice cream tub is perfect), then freeze until almost solid, mashing in the ice crystals every 1-2 hrs until the sorbet is thick and smooth. Wrap well and freeze until solid. Allow to soften for 15 mins before scooping. Best eaten within a month.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:38.31, Inflammation Score:-5, Nutrition Score:8.6221739364707%

Flavonoids

Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg, Cyanidin: 2.52mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 37.28mg, Pelargonidin: 37.28mg, Pelargonidin: 37.28mg, Pelargonidin: 37.28mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 241.6kcal (12.08%), Fat: 0.62g (0.96%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 58.65g (21.33%), Sugar: 57.36g (63.73%), Cholesterol: 0mg (0%), Sodium: 2.05mg (0.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin C: 90.14mg (109.25%), Manganese: 0.58mg (29.08%), Fiber: 3.02g (12.06%), Folate: 37µg (9.25%), Potassium: 235.65mg (6.73%), Magnesium: 19.8mg (4.95%), Copper: 0.08mg (3.82%), Vitamin B6: 0.07mg (3.64%), Phosphorus: 36.4mg (3.64%), Iron: 0.64mg (3.58%), Vitamin K: 3.3µg (3.14%), Vitamin E: 0.44mg (2.95%), Vitamin B3: 0.58mg (2.92%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.04mg (2.48%), Calcium: 24.8mg (2.48%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.22mg (1.45%), Selenium: 0.9µg (1.29%)