



Strawberry-Sambuca Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

DESSERT

Ingredients



1 tablespoon juice of lemon fresh



3 cups strawberries trimmed halved



0.5 cup sugar



1 cup water



3 tablespoons sambuca



3 tablespoons sambuca

Equipment



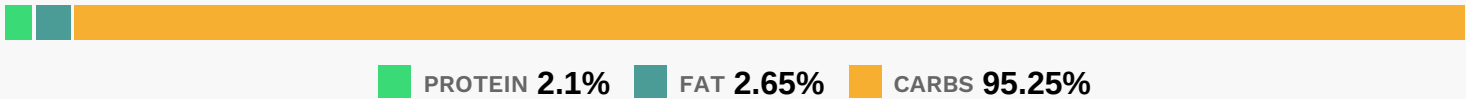
bowl

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring sugar and water to a boil in a small saucepan, stirring until sugar is dissolved, then remove from heat.
- ☐ Purée strawberries with lemon juice in a blender until smooth, then force through a fine sieve into a bowl to remove seeds. Stir in sugar syrup and Sambuca.
- ☐ Chill, covered, until cold, at least 1 hour.
- ☐ Freeze in ice-cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ • Sorbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:39.81, Inflammation Score:-6, Nutrition Score:10.550000092258%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 53.68mg, Pelargonidin: 53.68mg, Pelargonidin: 53.68mg, Pelargonidin: 53.68mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg, Catechin: 6.72mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg, Epicatechin 3-gallate: 0.32mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 263.27kcal (13.16%), Fat: 0.83g (1.27%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 62.56g (22.75%), Sugar: 60.65g (67.39%), Cholesterol: 0mg (0%), Sodium: 8.65mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin C: 129.91mg (157.47%), Manganese: 0.84mg (41.83%), Fiber: 4.34g (17.37%), Folate: 53.34µg (13.34%), Potassium: 339.2mg (9.69%), Magnesium: 29.71mg (7.43%), Copper: 0.13mg (6.37%), Vitamin B6: 0.1mg (5.25%), Phosphorus: 52.44mg (5.24%), Iron: 0.92mg (5.09%), Vitamin K: 4.75µg (4.53%), Vitamin E: 0.64mg (4.25%), Vitamin B3: 0.84mg (4.2%), Calcium: 39.06mg (3.91%), Vitamin B1: 0.05mg (3.58%), Vitamin B2: 0.06mg (3.42%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.32mg (2.15%), Selenium: 1.17µg (1.67%)