



Summer Sorbet Trio



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



7

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 3 pounds wedges honeydew melon chilled cubed sliced
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup warm water

Equipment

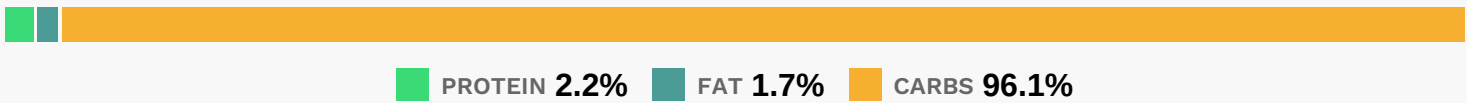
- ☐ bowl
- ☐ sieve

- ☐ blender
- ☐ wooden spoon
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Combine sugar and water, stirring until sugar dissolves.
- ☐ Puree sugar mixture and remaining ingredients, in 2 batches, in a blender until smooth.
- ☐ Press fruit mixture through a fine sieve into a large bowl using a spatula or the back of a wooden spoon.
- ☐ Pour mixture into freezer container of an ice cream maker; freeze according to manufacturer's instructions (about 30 minutes).
- ☐ Transfer to an airtight container, and freeze at least 3 hours or up to 1 week.
- ☐ Let stand in the refrigerator 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:19.95, Inflammation Score:-3, Nutrition Score:5.2700000768122%

Flavonoids

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg
Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 180.79kcal (9.04%), Fat: 0.37g (0.56%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 44.83g (16.3%), Sugar: 44.35g (49.28%), Cholesterol: 0mg (0%), Sodium: 119.24mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin C: 35.96mg (43.58%), Potassium: 447.57mg (12.79%), Folate: 37.26µg (9.31%), Vitamin B6: 0.17mg (8.61%), Fiber: 1.57g (6.27%), Vitamin K: 5.66µg (5.39%), Vitamin B1: 0.07mg (4.98%), Magnesium: 19.87mg (4.97%), Vitamin B3: 0.82mg (4.09%), Vitamin B5: 0.31mg

(3.05%), Manganese: 0.05mg (2.72%), Copper: 0.05mg (2.61%), Selenium: 1.54µg (2.19%), Phosphorus: 21.83mg (2.18%), Vitamin A: 98.81IU (1.98%), Iron: 0.35mg (1.94%), Vitamin B2: 0.03mg (1.72%), Calcium: 12.96mg (1.3%), Zinc: 0.18mg (1.22%)