



## Sweet Tomato Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

DESSERT

### Ingredients

- 6 tablespoons basil leaves fresh minced
- 1 cup sugar
- 3 pounds soft-ripe tomatoes cored peeled cut into chunks

### Equipment

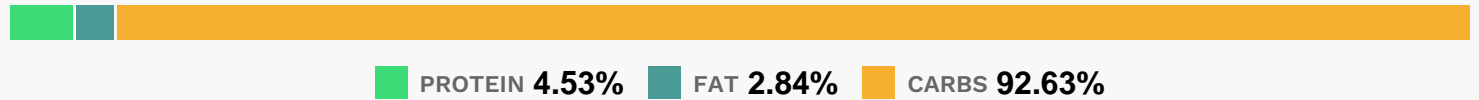
- food processor
- bowl
- frying pan
- sieve

- blender
- ice cream machine

## Directions

- In a 1- to 2-quart pan over high heat, bring sugar and 1 cup water to a rolling boil. Nest pan in a bowl of ice and stir often until cold, 8 to 10 minutes.
- In a food processor or blender, pure tomatoes, a portion at a time. Rub through a fine strainer into a bowl; discard any residue.
- Combine syrup, tomato puree, and basil. Freeze in an ice cream maker according to manufacturer's directions or until dasher is hard to turn.
- Serve sorbet softly frozen, or freeze airtight until firm, at least 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:11.13, Glycemic Load:9.6, Inflammation Score:-5, Nutrition Score:3.5265217235555%

## Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 63.61kcal (3.18%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 14.75g (5.36%), Sugar: 14.71g (16.35%), Cholesterol: 0mg (0%), Sodium: 4.41mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 748.02IU (14.96%), Vitamin C: 11.79mg (14.29%), Vitamin K: 9.83µg (9.36%), Potassium: 204.03mg (5.83%), Manganese: 0.11mg (5.3%), Fiber: 1.03g (4.13%), Vitamin B6: 0.07mg (3.46%), Folate: 13.27µg (3.32%), Vitamin E: 0.47mg (3.1%), Copper: 0.05mg (2.7%), Vitamin B3: 0.51mg (2.56%), Magnesium: 9.84mg (2.46%), Vitamin B1: 0.03mg (2.11%), Phosphorus: 20.83mg (2.08%), Iron: 0.26mg (1.44%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.15mg (1.01%)