



Tangerine Sherbet

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 0.7 cup half-and-half
- ☐ 1 pinch kosher salt
- ☐ 3 zest of 3 tangerines
- ☐ 0.8 cup sugar
- ☐ 3 cups tangerine juice divided (from 20 tangerines)

Equipment

- ☐ bowl
- ☐ sauce pan

☐ ice cream machine

Directions

- ☐ Heat zest, half the juice, the sugar, and salt together in a small saucepan over medium heat until simmering and sugar has dissolved, about 5 minutes.
- ☐ Add remaining tangerine juice, stirring to combine.
- ☐ Transfer mixture to a bowl and chill until cold, about 30 minutes. Stir in half-and-half and, if you like, liqueur.
- ☐ Freeze in an ice cream maker according to manufacturer's directions.
- ☐ Transfer to a sealable container and freeze until firm, at least 4 hours.
- ☐ Make ahead: Up to 1 week.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:18.28, Inflammation Score:-5, Nutrition Score:5.5826086376024%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 35.54mg, Hesperetin: 35.54mg, Hesperetin: 35.54mg, Hesperetin: 35.54mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 194.63kcal (9.73%), Fat: 3.49g (5.36%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 40.86g (14.86%), Sugar: 38.85g (43.17%), Cholesterol: 9.41mg (3.14%), Sodium: 25.02mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin C: 46.3mg (56.12%), Vitamin A: 424.39IU (8.49%), Potassium: 289.99mg (8.29%), Calcium: 62.31mg (6.23%), Vitamin B1: 0.09mg (5.9%), Vitamin B2: 0.09mg (5.19%), Phosphorus: 48.86mg (4.89%), Fiber: 1.18g (4.74%), Vitamin B6: 0.08mg (3.99%), Magnesium: 14.58mg (3.64%), Vitamin B5: 0.3mg (3.05%), Copper: 0.06mg (2.84%), Iron: 0.47mg (2.63%), Manganese: 0.05mg (2.48%), Folate: 9.66µg (2.42%), Vitamin E: 0.3mg (2.01%), Selenium: 1.27µg (1.81%), Zinc: 0.18mg (1.21%), Vitamin B3: 0.22mg (1.1%)