



Tangerine Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 3 cups tangerine juice fresh (or juice from mandarin oranges)
- ☐ 3 Tbsp juice of lemon
- ☐ 0.8 cup sugar
- ☐ 1 Tbsp plus

Equipment

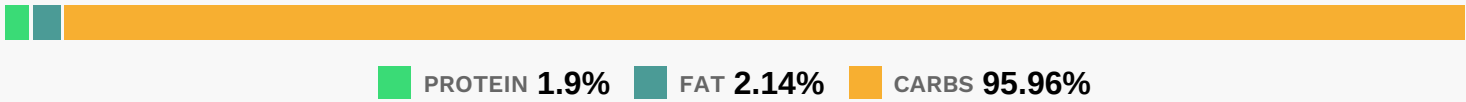
- ☐ bowl
- ☐ sieve
- ☐ spatula

☐ ice cream machine

Directions

- ☐ Pour tangerine juice through a fine mesh sieve into a large bowl. Use a rubber spatula to press as much juice as you can through the sieve, discard remaining pulp.
- ☐ Add lemon juice, sugar, and (optional) corn syrup to the bowl. Stir with a spoon until the sugar has completely dissolved.
- ☐ Process in an ice cream maker according to manufacturer's instructions.
- ☐ Serve immediately, or chill for a few hours. Best eaten the day it's made.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:68.09, Inflammation Score:-9, Nutrition Score:12.212173907653%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 29.62mg, Naringenin: 29.62mg, Naringenin: 29.62mg, Naringenin: 29.62mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 479.86kcal (23.99%), Fat: 1.22g (1.88%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 123.6g (41.2%), Net Carbohydrates: 118.27g (43.01%), Sugar: 114.87g (127.63%), Cholesterol: 0mg (0%), Sodium: 13.65mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin C: 86.81mg (105.22%), Vitamin A: 1993.28IU (39.87%), Fiber: 5.33g (21.33%), Potassium: 510.33mg (14.58%), Folate: 51.3µg (12.82%), Vitamin B1: 0.18mg (12.1%), Vitamin B6: 0.24mg (11.93%), Calcium: 111.75mg (11.18%), Magnesium: 36.56mg (9.14%), Vitamin B2: 0.12mg (7.23%), Vitamin B5: 0.66mg (6.61%), Copper: 0.13mg (6.59%), Phosphorus: 60.3mg (6.03%), Manganese: 0.12mg (5.99%), Vitamin B3: 1.12mg (5.6%), Vitamin E: 0.62mg (4.12%), Iron: 0.49mg (2.75%), Zinc: 0.27mg (1.81%), Selenium: 0.84µg (1.2%)