



Tart Raspberry Sorbet with a Hint of Heat

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

Ingredients

- 1 pinch ground cardamom
- 1 small to 2 chilies slit green seeded chopped
- 1 juice of lime
- 1.5 cups raspberries frozen
- 2 tablespoons raspberry jam
- 2 tablespoons grape juice white

Equipment

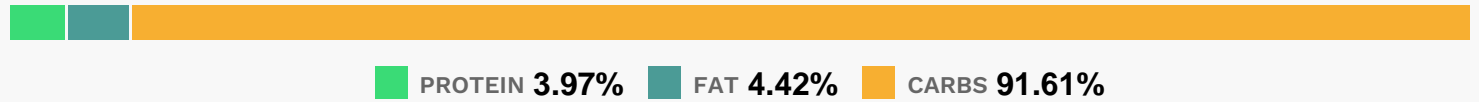
- food processor
- sieve

ice cream scoop

Directions

- Combine all of the ingredients in a food processor and process until smooth. Push the mixture through a strainer to remove most of the seeds from the raspberries.
- Transfer the mixture to a container, cover, and transfer to the freezer. Every few hours, check to see how it is setting and mix it around a little. Near the end of the freezing time, you may want to shape it into balls with an ice cream scoop or large spoon.*When the mixture is frozen, it is ready to eat. You may want to let it thaw for a few minutes before serving, depending on how cold your freezer is and how solid the sorbet is.*Note: I let the sorbet freeze overnight and then let it thaw for a few minutes until I could scoop it out of the container to serve.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:2.394347826087%

Flavonoids

Cyanidin: 13.77mg, Cyanidin: 13.77mg, Cyanidin: 13.77mg, Cyanidin: 13.77mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg, Malvidin: 0.59mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Taste

Sweetness: 100%, Saltiness: 9.41%, Sourness: 66.31%, Bitterness: 19.9%, Savoriness: 1.56%, Fattiness: 11.09%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 40.42kcal (2.02%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 7.52g (2.73%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 27.76mg (1.21%), Protein: 0.43g (0.85%), Vitamin C: 10.86mg (13.16%), Manganese: 0.22mg (11.05%), Fiber: 2.31g (9.22%), Vitamin K: 2.39µg (2.28%), Magnesium: 7.8mg (1.95%), Folate: 7.53µg (1.88%), Vitamin E: 0.28mg (1.87%), Copper: 0.04mg (1.8%), Potassium: 61.6mg (1.76%), Iron: 0.26mg (1.44%), Phosphorus: 11.39mg (1.14%), Vitamin B5: 0.11mg (1.09%), Vitamin B6: 0.02mg (1.07%), Vitamin B2: 0.02mg (1.06%), Calcium: 10.14mg (1.01%)