



Tequila-Lime Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

DESSERT

Ingredients

- ☐ 0.5 cup juice of lime fresh (3 limes)
- ☐ 2 teaspoons lime zest grated
- ☐ 0.8 cup sugar
- ☐ 2 tablespoons tequila
- ☐ 1.5 cups water

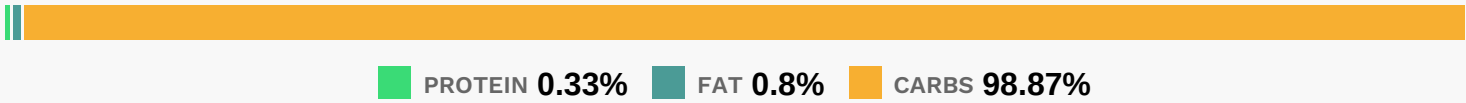
Equipment

- ☐ sauce pan

Directions

- ☐ Combine water and sugar in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves. Cool completely.
- ☐ Combine sugar syrup, rind, juice, and tequila.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon the sorbet into a freezer-safe container; cover and freeze for 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:26.2, Inflammation Score:-1, Nutrition Score:0.95826089058233%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 169.56kcal (8.48%), Fat: 0.14g (0.22%), Saturated Fat: 0g (0.02%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 39.85g (14.49%), Sugar: 37.95g (42.17%), Cholesterol: 0mg (0%), Sodium: 5.51mg (0.24%), Alcohol: 2.51g (100%), Alcohol %: 1.92% (100%), Protein: 0.13g (0.27%), Vitamin C: 9.37mg (11.35%), Copper: 0.03mg (1.36%), Potassium: 37.31mg (1.07%)