



Three Berry Buttermilk Sherbet



Vegetarian



Gluten Free

READY IN



280 min.

SERVINGS



4

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 6 oz blackberries
- ☐ 6 oz blueberries
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pint buttermilk low-fat
- ☐ 6 oz raspberries
- ☐ 0.8 cup sugar

Equipment

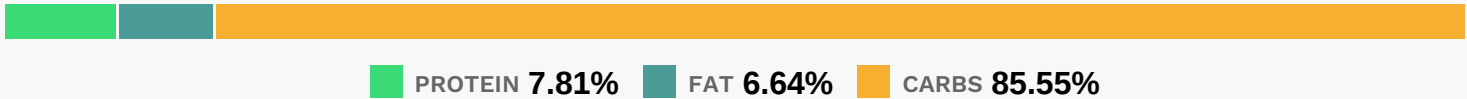
- ☐ food processor

- ☐ bowl
- ☐ sieve
- ☐ ice cream machine

Directions

- ☐ Pure berries in a food processor, then rub through a fine strainer into a medium bowl. Discard solids. Stir in remaining ingredients.
- ☐ Freeze mixture in an ice cream maker according to manufacturer's directions.
- ☐ Transfer to an airtight container and freeze until firm enough to scoop, at least 4 hours and up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:29.29, Inflammation Score:-6, Nutrition Score:10.382608807605%

Flavonoids

Cyanidin: 65.56mg, Cyanidin: 65.56mg, Cyanidin: 65.56mg, Cyanidin: 65.56mg Petunidin: 13.54mg, Petunidin: 13.54mg, Petunidin: 13.54mg, Petunidin: 13.54mg Delphinidin: 15.63mg, Delphinidin: 15.63mg, Delphinidin: 15.63mg, Delphinidin: 15.63mg Malvidin: 28.8mg, Malvidin: 28.8mg, Malvidin: 28.8mg, Malvidin: 28.8mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 8.77mg, Peonidin: 8.77mg, Peonidin: 8.77mg, Peonidin: 8.77mg Catechin: 18.57mg, Catechin: 18.57mg, Catechin: 18.57mg, Catechin: 18.57mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 257.15kcal (12.86%), Fat: 2.02g (3.11%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 52.54g (19.1%), Sugar: 51.38g (57.08%), Cholesterol: 4.73mg (1.58%), Sodium: 176.76mg (7.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Manganese: 0.71mg (35.34%), Vitamin C: 26.83mg (32.52%), Fiber: 6.05g (24.2%), Vitamin K: 20.06µg (19.11%), Calcium: 163.34mg (16.33%), Vitamin B2: 0.23mg (13.79%), Phosphorus: 132.37mg (13.24%), Potassium: 349.08mg (9.97%), Magnesium: 33.65mg (8.41%), Vitamin E: 1.17mg (7.83%), Copper: 0.15mg (7.45%), Folate: 28.78µg (7.19%), Zinc: 0.97mg (6.5%), Vitamin B5: 0.64mg (6.4%), Vitamin B1: 0.08mg (5.26%), Vitamin B6: 0.1mg (5.01%), Vitamin B12: 0.26µg (4.34%), Iron: 0.76mg (4.21%), Selenium: 2.89µg (4.13%), Vitamin B3: 0.78mg (3.89%), Vitamin A: 183.82IU (3.68%)