



## Tomato-Watermelon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



67 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3.5 lb tomatoes very ripe quartered
- ☐ 6 cups watermelon chunks ripe seeded (1-inch)

### Equipment

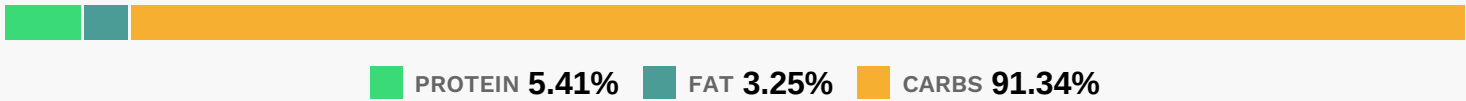
- ☐ bowl
- ☐ sieve

- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Combine first 3 ingredients in a large bowl; stir well.
- ☐ Let stand 30 minutes.
- ☐ Squeeze tomato quarters into a wire-mesh strainer over a 4-cup measuring cup.
- ☐ Place squeezed tomatoes into strainer, and firmly press with back of a spoon, pressing until liquid measures 3 cups. Discard tomato pulp in strainer.
- ☐ Process half of tomato juice and half of watermelon mixture in a blender until smooth. Repeat with remaining tomato juice and watermelon. Stir in lemon juice.
- ☐ Pour mixture into freezer container of a 2 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)
- ☐ Sprinkle each serving with coarse salt, if desired.

## Nutrition Facts



## Properties

Glycemic Index:9.14, Glycemic Load:10.23, Inflammation Score:-6, Nutrition Score:4.0447826372541%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 66.8kcal (3.34%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.45g (5.62%), Sugar: 14.93g (16.59%), Cholesterol: 0mg (0%), Sodium: 33.61mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin A: 920.78IU (18.42%), Vitamin C: 15.15mg (18.36%), Potassium: 240.95mg (6.88%), Vitamin K: 6.32µg (6.02%), Manganese: 0.11mg (5.42%), Fiber: 1.14g (4.56%), Vitamin B6: 0.08mg (4.24%), Folate: 13.57µg (3.39%), Copper: 0.07mg (3.35%), Magnesium: 13.38mg (3.35%), Vitamin E: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.55mg (2.77%), Phosphorus:

24.19mg (2.42%), Iron: 0.33mg (1.83%), Vitamin B5: 0.17mg (1.73%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.18mg (1.22%), Calcium: 11.34mg (1.13%)