



Triple Berry Freeze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

Ingredients

- 0.5 cup blackberries frozen
- 0.5 cup blueberries frozen
- 1 tablespoon honey
- 1 cup lemon sorbet
- 0.5 cup raspberries frozen
- 2 cups seltzer water chilled

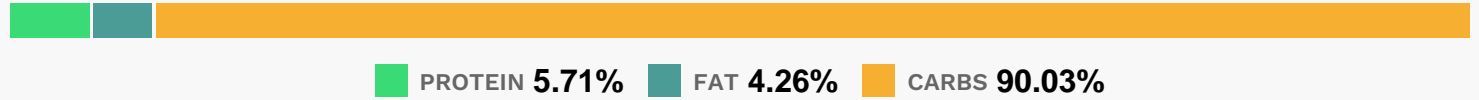
Equipment

- blender

Directions

- Place sparkling water and sorbet in a blender, and process until well blended.
- Add raspberries, blueberries, blackberries, and honey; process until mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:3.56, Inflammation Score:-2, Nutrition Score:3.1730434732593%

Flavonoids

Cyanidin: 26.42mg, Cyanidin: 26.42mg, Cyanidin: 26.42mg, Cyanidin: 26.42mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg, Peonidin: 3.81mg Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg, Catechin: 7.85mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 93.5kcal (4.68%), Fat: 0.45g (0.7%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 18.43g (6.7%), Sugar: 15.58g (17.31%), Cholesterol: 0mg (0%), Sodium: 53.37mg (2.32%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.37g (2.74%), Manganese: 0.28mg (14.22%), Fiber: 3.17g (12.69%), Vitamin C: 9.53mg (11.55%), Vitamin K: 8.3µg (7.91%), Copper: 0.06mg (3.14%), Vitamin E: 0.45mg (2.98%), Magnesium: 9.3mg (2.32%), Folate: 8.86µg (2.22%), Zinc: 0.32mg (2.12%), Potassium: 71.15mg (2.03%), Iron: 0.3mg (1.67%), Calcium: 16.31mg (1.63%), Vitamin B3: 0.29mg (1.45%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.17%), Phosphorus: 10.74mg (1.07%), Vitamin A: 53.46IU (1.07%), Vitamin B1: 0.02mg (1.02%)