



## Triple Berry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



2

CALORIES



941 kcal

DESSERT

### Ingredients

- 1.5 cups cherry juice
- 2 cups cranberries fresh
- 0.5 cup juice of lime
- 2 tablespoons orange juice concentrate frozen
- 12 ounce raspberries unsweetened frozen
- 1.8 cups water
- 1.8 cups sugar white

### Equipment

- sauce pan
- sieve
- ice cream machine

## Directions

- Bring the sugar and water to a boil in a saucepan over medium heat. When the sugar is dissolved, stir in the cranberries, and cook and stir for 5 minutes.
- Add the raspberries, and simmer for 5 more minutes, until the raspberries have softened and the cranberries have popped.
- Strain the mixture through a sieve or strainer, discard the pulp, and refrigerate the mixture for 2 hours.
- Mix in the cherry juice, lime juice, and orange juice concentrate, and pour the mixture into an ice cream maker. Freeze according to directions.
- Pack the sorbet into a freezer container and freeze for about 2 hours, until the sorbet is firm.
- Remove from the freezer about 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 1.54%**  **FAT 1.7%**  **CARBS 96.76%**

## Properties

Glycemic Index:70.55, Glycemic Load:128.34, Inflammation Score:-7, Nutrition Score:18.573913149212%

## Flavonoids

Cyanidin: 124.28mg, Cyanidin: 124.28mg, Cyanidin: 124.28mg, Cyanidin: 124.28mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 9.92mg, Delphinidin: 9.92mg, Delphinidin: 9.92mg, Delphinidin: 9.92mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Peonidin: 49.36mg, Peonidin: 49.36mg, Peonidin: 49.36mg, Peonidin: 49.36mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg Epicatechin: 10.36mg, Epicatechin: 10.36mg, Epicatechin: 10.36mg, Epicatechin: 10.36mg Epigallocatechin 3-gallate: 1.89mg, Epigallocatechin 3-gallate: 1.89mg, Epigallocatechin 3-gallate: 1.89mg, Epigallocatechin 3-gallate: 1.89mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin:

6.63mg, Myricetin: 6.63mg, Myricetin: 6.63mg, Myricetin: 6.63mg Quercetin: 16.93mg, Quercetin: 16.93mg, Quercetin: 16.93mg, Quercetin: 16.93mg

## Nutrients (% of daily need)

Calories: 940.79kcal (47.04%), Fat: 1.87g (2.88%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 240.43g (80.14%), Net Carbohydrates: 225.39g (81.96%), Sugar: 209.55g (232.84%), Cholesterol: 0mg (0%), Sodium: 32.74mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin C: 98.16mg (118.98%), Manganese: 1.52mg (76.23%), Fiber: 15.05g (60.18%), Potassium: 806.46mg (23.04%), Vitamin E: 3.02mg (20.14%), Vitamin K: 18.69µg (17.8%), Iron: 2.66mg (14.76%), Copper: 0.28mg (13.98%), Magnesium: 55.51mg (13.88%), Folate: 54.16µg (13.54%), Vitamin B6: 0.21mg (10.6%), Vitamin B5: 1.01mg (10.12%), Vitamin B2: 0.15mg (8.99%), Calcium: 87.26mg (8.73%), Vitamin B1: 0.12mg (8.15%), Phosphorus: 77.82mg (7.78%), Vitamin B3: 1.37mg (6.83%), Zinc: 0.91mg (6.1%), Vitamin A: 202.42IU (4.05%), Selenium: 1.61µg (2.3%)