

Tropical Sherbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 0.8 cup coconut milk
- ☐ 1 tablespoon light-colored corn syrup
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup papaya cubed
- ☐ 3 cups pineapple cubed
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.7 cup water

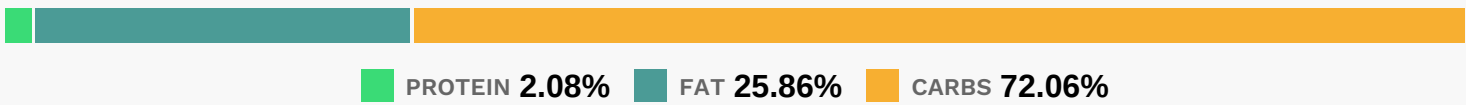
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ microwave

Directions

- ☐ Combine sugar and 2/3 cup water in a microwave-safe dish; microwave at HIGH for 4 minutes. Stir until sugar dissolves; cool completely.
- ☐ Combine syrup, pineapple, and remaining ingredients in a blender; process until smooth. Strain mixture through a fine sieve over a bowl; discard solids.
- ☐ Pour into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:23.73, Inflammation Score:-5, Nutrition Score:8.3439130705336%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 203.49kcal (10.17%), Fat: 6.27g (9.64%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 37.72g (13.72%), Sugar: 34.99g (38.87%), Cholesterol: 0mg (0%), Sodium: 58.67mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 54.68mg (66.28%), Manganese: 0.99mg (49.63%), Copper: 0.17mg (8.54%), Magnesium: 28.3mg (7.07%), Folate: 27.69µg (6.92%), Iron: 1.24mg (6.91%), Fiber: 1.56g (6.25%), Potassium: 197.96mg (5.66%), Vitamin B6: 0.11mg (5.51%), Vitamin A: 270.77IU (5.42%), Vitamin B1: 0.08mg (5.3%), Phosphorus: 36.4mg (3.64%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.27mg

(2.67%), Calcium: 22.34mg (2.23%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.3mg (1.99%), Vitamin K: 1.2µg (1.14%)