



Very berry ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 750 g strawberries (we used strawberries)
- ☐ 140 g sugar
- ☐ 1 juice of lemon

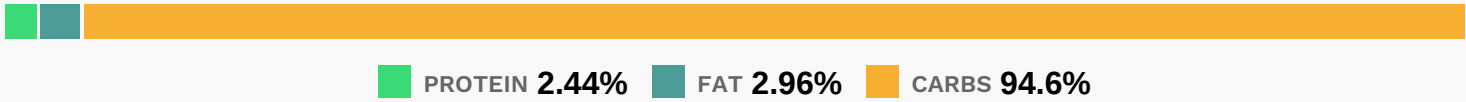
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ ice cube tray

Directions

- ☐ Hull and chop fruit, then tip them into a bowl with the sugar and lemon juice. Bring a kettle of hot water to the boil and pour over 300ml boiling water. Leave everything to macerate until cool, then blitz in a food processor until smooth. Push the pure through a sieve.
- ☐ Clear a shelf in the freezer and place a sided metal tray in to chill.
- ☐ Pour the mix into the tray and cover with cling film. Freeze the liquid until frozen around the edges and slushy in the middle. Use a fork to break up the ice into smaller crystals. Return the tray to the freezer. Repeat the breaking up process every half hour (at least three times) until its completely frozen and the texture of snow. For a quicker method: freeze the mixture in an ice tray, then blitz the cubes in a food processor just before serving. The texture will be slightly slushier, but just as delicious.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:19.13, Inflammation Score:-4, Nutrition Score:7.5213044829991%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 31.06mg, Pelargonidin: 31.06mg, Pelargonidin: 31.06mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 130.93kcal (6.55%), Fat: 0.46g (0.71%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 30.67g (11.15%), Sugar: 29.53g (32.81%), Cholesterol: 0mg (0%), Sodium: 1.53mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin C: 75.43mg (91.44%), Manganese: 0.48mg (24.2%), Fiber: 2.52g (10.06%), Folate: 31µg (7.75%), Potassium: 196.87mg (5.62%), Magnesium: 16.55mg (4.14%), Copper: 0.06mg (3.12%), Vitamin B6: 0.06mg (3.05%), Phosphorus: 30.4mg (3.04%), Iron: 0.53mg (2.93%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.37mg (2.47%), Vitamin B3: 0.49mg (2.44%), Vitamin B1: 0.03mg (2.08%), Calcium: 20.53mg (2.05%), Vitamin B2: 0.03mg (1.92%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.18mg (1.2%)