



Watermelon-Cantaloupe Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

DESSERT

Ingredients

- 1.5 cups cantaloupe cubed peeled
- 3 tablespoons juice of lime fresh
- 0.5 cup sugar
- 0.3 cup water
- 1.5 cups watermelon cubed seeded

Equipment

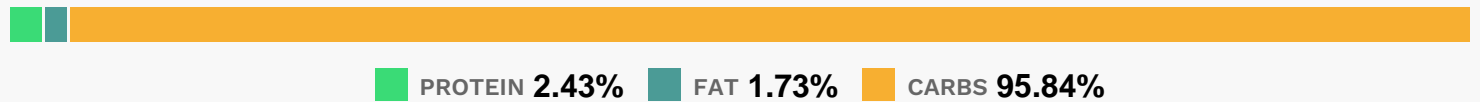
- food processor
- sauce pan

blender

Directions

- Combine sugar and water in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves. Cool completely.
- Place cantaloupe and watermelon in a blender or food processor, and process until smooth.
- Combine the sugar syrup, melon mixture, and lime juice.
- Pour the sorbet mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:15.65, Inflammation Score:-7, Nutrition Score:3.1943477780923%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 91.04kcal (4.55%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.86g (8.31%), Sugar: 22.27g (24.74%), Cholesterol: 0mg (0%), Sodium: 13.35mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 1572.77IU (31.46%), Vitamin C: 9.69mg (11.74%), Potassium: 114.47mg (3.27%), Copper: 0.06mg (2.76%), Magnesium: 9.73mg (2.43%), Vitamin B1: 0.03mg (2.27%), Fiber: 0.5g (2.01%), Folate: 7.49µg (1.87%), Vitamin B6: 0.04mg (1.8%), Vitamin B3: 0.36mg (1.78%), Manganese: 0.03mg (1.64%), Zinc: 0.22mg (1.49%), Iron: 0.26mg (1.43%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.14mg (1.35%), Selenium: 0.94µg (1.34%), Phosphorus: 12.03mg (1.2%), Vitamin K: 1.16µg (1.11%)