



Watermelon Sherbet

 **Gluten Free**

READY IN



290 min.

SERVINGS



2

CALORIES



898 kcal

DESSERT

Ingredients

- 0.3 ounce gelatin powder unflavored
- 1 cup heavy cream chilled
- 3 tablespoons juice of lemon
- 1 dash salt
- 0.3 cup water cold
- 4 cups watermelon diced seedless
- 1 cup sugar white

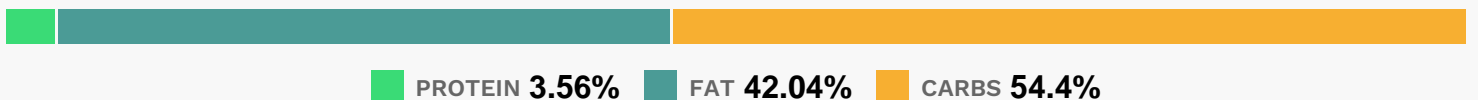
Equipment

- bowl
- sauce pan
- mixing bowl
- blender
- plastic wrap
- hand mixer
- ice cream machine

Directions

- Combine the watermelon, sugar, lemon juice, and salt in a large mixing bowl; stir to coat evenly. Cover the bowl with plastic wrap and refrigerator for 30 minutes.
- Blend the mixture in a blender until smooth; return to the bowl.
- Pour the cold water into a saucepan.
- Sprinkle the gelatin over the cold water; let stand 1 minutes.
- Place the saucepan over low heat; cook for 2 minutes. Stir the gelatin mixture into the blended watermelon mixture.
- Add the heavy cream; beat with an electric hand mixer at medium speed until the mixture is fluffy.
- Transfer the mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency.
- Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:86.04, Inflammation Score:-9, Nutrition Score:12.240434760633%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 897.62kcal (44.88%), Fat: 43.79g (67.37%), Saturated Fat: 27.43g (171.44%), Carbohydrates: 127.48g (42.49%), Net Carbohydrates: 126.2g (45.89%), Sugar: 122.69g (136.32%), Cholesterol: 134.47mg (44.82%), Sodium: 64.2mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Vitamin A: 3480.41IU (69.61%), Vitamin C: 34.05mg (41.27%), Vitamin B2: 0.32mg (18.71%), Potassium: 479.28mg (13.69%), Vitamin D: 1.9µg (12.69%), Copper: 0.23mg (11.63%), Phosphorus: 105.64mg (10.56%), Calcium: 105.02mg (10.5%), Magnesium: 41.16mg (10.29%), Vitamin B5: 1.01mg (10.09%), Selenium: 6.81µg (9.73%), Vitamin B6: 0.19mg (9.45%), Vitamin B1: 0.13mg (8.69%), Vitamin E: 1.28mg (8.54%), Manganese: 0.13mg (6.36%), Iron: 0.96mg (5.31%), Fiber: 1.28g (5.13%), Folate: 19.44µg (4.86%), Zinc: 0.62mg (4.13%), Vitamin K: 4.11µg (3.92%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.19µg (3.17%)