



Watermelon Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



2

CALORIES



625 kcal

DESSERT

Ingredients

- 0.3 cup cacao nibs
- 2 servings kosher salt
- 5 teaspoons juice of lemon
- 1 cup sugar
- 1 tablespoon vodka white
- 6 cups watermelon chopped

Equipment

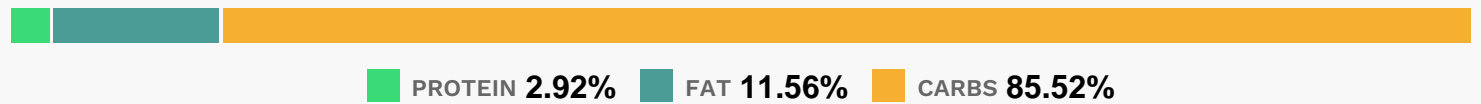
- food processor

- bowl
- sieve
- ice cream machine

Directions

- Working in batches if necessary, combine watermelon and sugar in work bowl of a food processor and process until smooth, about 1 minute.
- Pour purée through a strainer into an airtight container; you should have 1 quart of strained purée. Stir in and lemon juice to taste, 1 teaspoon at a time (see note above). Stir in alcohol, then salt to taste, just enough to bring out natural flavor of the watermelon, and transfer to refrigerator to chill until very cold, 2 to 3 hours.
- Churn in ice cream maker according to manufacturer's instructions. Optional: In last minute of churning, add cocoa nibs.
- Transfer to airtight container and chill for 2 to 3 hours in freezer until firm.
- Let sit on counter 10 minutes before serving to soften.

Nutrition Facts



Properties

Glycemic Index:79.88, Glycemic Load:94.15, Inflammation Score:-9, Nutrition Score:10.339565227861%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 624.96kcal (31.25%), Fat: 8.26g (12.71%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 137.51g (45.84%), Net Carbohydrates: 133.72g (48.63%), Sugar: 128.53g (142.81%), Cholesterol: 0mg (0%), Sodium: 199.56mg (8.68%), Alcohol: 2.51g (100%), Alcohol %: 0.54% (100%), Protein: 4.69g (9.39%), Vitamin A: 2595.39IU (51.91%), Vitamin C: 41.77mg (50.63%), Magnesium: 65.19mg (16.3%), Fiber: 3.79g (15.15%), Potassium: 525.71mg (15.02%), Vitamin B6: 0.21mg (10.55%), Vitamin B1: 0.15mg (10.26%), Vitamin B5: 1.02mg (10.24%), Copper: 0.2mg (10.07%), Manganese:

0.18mg (8.96%), Vitamin B2: 0.12mg (6.89%), Iron: 1.16mg (6.43%), Phosphorus: 51.53mg (5.15%), Vitamin B3: 0.82mg (4.12%), Folate: 16.18µg (4.05%), Selenium: 2.44µg (3.48%), Calcium: 33.79mg (3.38%), Zinc: 0.47mg (3.15%), Vitamin E: 0.25mg (1.64%)