



Watermelon Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 1 cup sugar
- ☐ 3 cups water
- ☐ 4 cups watermelon seeded chopped

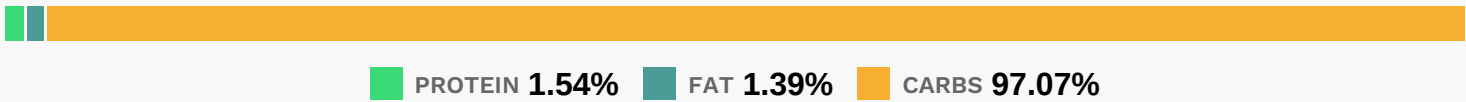
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring 3 cups water and sugar just to a boil in a medium saucepan over high heat, stirring until sugar dissolves.
- ☐ Remove from heat. Cool.
- ☐ Process sugar syrup and watermelon, in batches, in a blender until smooth. Stir in lime juice. Cover and chill 2 hours.
- ☐ Pour mixture into the freezer container of a 1-gallon ice-cream maker, and freeze according to manufacturer's instructions.
- ☐ Grapefruit Sorbet: Substitute 3 cups fresh grapefruit juice and 1 teaspoon chopped fresh mint for watermelon and lime juice. Proceed as directed.
- ☐ Pineapple Sorbet: Substitute 2 cups chopped pineapple for watermelon and lime juice. Strain and discard pulp after processing mixture in blender, if desired. Proceed as directed.
- ☐ Lemon Sorbet: Substitute 1/2 cup fresh lemon juice and 2 teaspoons grated lemon rind for watermelon and lime juice. Proceed as directed.
- ☐ Orange Sorbet: Substitute 3 cups fresh orange juice and 2 teaspoons grated orange rind for watermelon and lime juice. Proceed as directed.
- ☐ Strawberry Sorbet: Substitute 5 cups fresh or frozen strawberries and 2 tablespoons lemon juice for watermelon and lime juice. Proceed as directed.
- ☐ Cantaloupe Sorbet: Substitute 4 cups chopped cantaloupe for watermelon and lime juice. Proceed as directed.
- ☐ Cherry Sorbet: Substitute 1 (6-ounce) can frozen lemonade concentrate, prepared, and 1 (16-ounce) jar maraschino cherries for watermelon and lime juice. Strain and discard pulp, if desired. Proceed as directed.
- ☐ Raspberry Sorbet: Substitute 5 cups fresh or frozen raspberries for watermelon and lime juice. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:43.02, Inflammation Score:-6, Nutrition Score:3.6747826434996%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 241.88kcal (12.09%), Fat: 0.4g (0.61%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 61.88g (22.5%), Sugar: 59.58g (66.2%), Cholesterol: 0mg (0%), Sodium: 11.19mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin C: 16.85mg (20.42%), Vitamin A: 872.44IU (17.45%), Potassium: 188.94mg (5.4%), Copper: 0.1mg (4.99%), Magnesium: 18.18mg (4.55%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.6%), Vitamin B5: 0.35mg (3.55%), Manganese: 0.06mg (3.12%), Fiber: 0.67g (2.67%), Vitamin B2: 0.04mg (2.57%), Iron: 0.4mg (2.24%), Phosphorus: 18.84mg (1.88%), Calcium: 18.58mg (1.86%), Folate: 6.07µg (1.52%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.92µg (1.32%), Zinc: 0.19mg (1.25%)