



Watermelon Sorbet in Lime Shells



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 10 servings chocolate chips mini chopped
- ☐ 0.1 cup plus
- ☐ 2 cups watermelon juice
- ☐ 5 limes
- ☐ 0.3 cup sugar sweet (I may reduce this next time because I found it was too)

Equipment

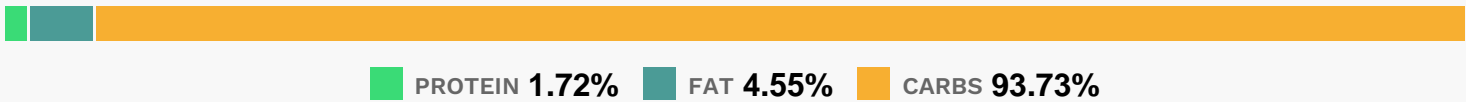
- ☐ sauce pan
- ☐ knife

- ☐ plastic wrap
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Heat corn syrup and sugar in a small saucepan until sugar is dissolved. Blend into watermelon juice.
- ☐ Pour mixture into ice cream maker and make according to manufacturer instructions.
- ☐ Place in freezer to further solidify the sorbet.
- ☐ After sorbet is ready, prepare limes. Slice limes in half, lengthwise. Using a sharp knife, cut into white portion of lime to carve out flesh. Use hands to pry out flesh from lime. If you are in the white area, you should be able to pry it out in one piece and leave shell completely clean. Wash and dry shells before using.
- ☐ Scoop sorbet into limes and smooth surface with a spatula.
- ☐ Add chopped/mini chocolate chips to surface so it resembles watermelon seeds. Smooth out sorbet again. Cover limes with plastic wrap or place in container and refreeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:7.18, Inflammation Score:-1, Nutrition Score:1.5391304246757%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 69.2kcal (3.46%), Fat: 0.39g (0.6%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17g (6.18%), Sugar: 14.23g (15.81%), Cholesterol: 0.15mg (0.05%), Sodium: 6.03mg (0.26%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 10.2mg (12.36%), Fiber: 1.06g (4.26%), Potassium: 84.41mg (2.41%), Manganese: 0.04mg (1.98%), Calcium: 16.79mg (1.68%), Iron: 0.28mg (1.53%), Vitamin B1: 0.02mg (1.53%), Copper: 0.03mg (1.4%), Vitamin B6: 0.02mg (1.17%), Magnesium: 4.53mg (1.13%)