

White Peach Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



58 kcal

DESSERT

Ingredients

- 2 teaspoons juice of lemon
- 5 peaches white ripe
- 2 teaspoons sugar white to taste

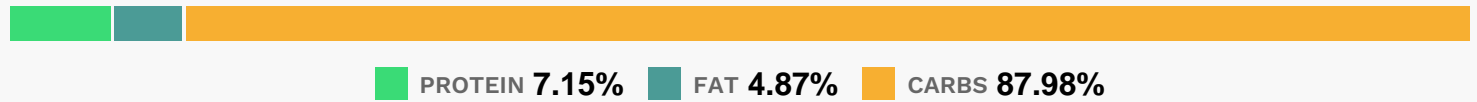
Equipment

- bowl
- immersion blender

Directions

- Peel white peaches, leaving a little bit of peach skin to add texture and color.
- Cut chunks from peaches into a bowl and discard pits.
- Add lemon juice.
- Puree peaches and lemon juice with an immersion blender until smooth. Stir in sugar to taste. Blend again. Chill peach mixture in refrigerator for 1 hour.
- Pour peach mixture into an ice cream freezer and freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:5.26, Inflammation Score:-4, Nutrition Score:3.2256521193878%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg, Catechin: 6.15mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 58kcal (2.9%), Fat: 0.35g (0.53%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 12.19g (4.43%), Sugar: 11.86g (13.18%), Cholesterol: 0mg (0%), Sodium: 16.28mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin A: 407.6IU (8.15%), Fiber: 1.88g (7.52%), Vitamin C: 5.77mg (6.99%), Vitamin E: 0.92mg (6.1%), Vitamin B3: 1.01mg (5.05%), Copper: 0.1mg (4.89%), Potassium: 154.24mg (4.41%), Manganese: 0.08mg (3.83%), Selenium: 2.63µg (3.76%), Vitamin K: 3.75µg (3.57%), Phosphorus: 27.63mg (2.76%), Magnesium: 10.1mg (2.53%), Iron: 0.43mg (2.37%), Vitamin B2: 0.04mg (2.31%), Vitamin B1: 0.03mg (2.03%), Folate: 7.83µg (1.96%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.29mg (1.92%), Vitamin B6: 0.03mg (1.6%)