



 14%
HEALTH SCORE

Wild Blackberry Sorbet With Garden Mint & Lavender

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

DESSERT

Ingredients

- 3 cups blackberries fresh washed and dried
- 0.3 cup sugar organic
- 0.3 cup water
- 1 handful mint leaves fresh washed and dried
- 3 sprigs culinary lavender buds fresh washed and dried
- 4 servings water for blending

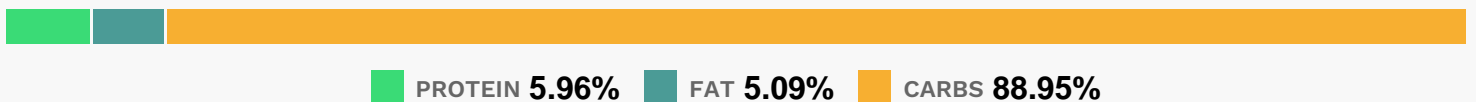
Equipment

- bowl
- baking sheet
- sauce pan
- blender
- ice cube tray

Directions

- Lay the clean, drained berries in a single layer on a cookie sheet and place in the freezer until frozen through. It is best to do both this and the next step the day or night before you plan to make the sorbet – just make sure you leave enough time for everything to freeze.
- Make the herb-infused simple syrup by combining the water and sugar in a small heavy-bottomed saucepan and heat over a medium flame until it comes to a boil. Turn it off and let cool completely.
- Strain out the mint leaves and lavender and pour the cooled syrup into an ice cube tray – should make roughly 4 syrup cubes.
- Place the tray in the freezer until syrup is frozen (the cubes may remain a little mushy as a result of all the sugar.)
- Once the berries and herb-infused syrup cubes have frozen, you can make the sorbet.
- Place the frozen berries and syrup cubes in the bowl of a cuisinart or blender and add a few teaspoons of ice water to aid in blending. Continue to process or blend, adding small amounts of the ice water as needed, until smooth.
- Serve, topped with a sprig of mint leaves and/or lavender.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:9.89, Inflammation Score:-6, Nutrition Score:7.7369565217391%

Flavonoids

Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg, Cyanidin: 107.95mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 0.23mg, Peonidin: 0.23mg, Peonidin:

0.23mg, Peonidin: 0.23mg Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg, Catechin: 40.02mg
Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin:
5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epigallocatechin 3–gallate: 0.73mg,
Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg, Epigallocatechin 3–gallate: 0.73mg
Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin:
0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin:
0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.29mg, Kaempferol:
0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg,
Myricetin: 0.72mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Taste

Sweetness: 80.2%, Saltiness: 70.7%, Sourness: 36.16%, Bitterness: 100%, Savoriness: 13.37%, Fattiness: 9.2%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 95.63kcal (4.78%), Fat: 0.59g (0.9%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 23.06g (7.69%), Net
Carbohydrates: 17.26g (6.27%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 14.08mg (0.61%), Protein:
1.55g (3.09%), Manganese: 0.71mg (35.5%), Vitamin C: 23.09mg (27.99%), Fiber: 5.8g (23.22%), Vitamin K: 21.38µg
(20.37%), Copper: 0.22mg (11.13%), Vitamin E: 1.26mg (8.42%), Folate: 28.14µg (7.03%), Magnesium: 24.91mg
(6.23%), Vitamin A: 275.85IU (5.52%), Potassium: 180.9mg (5.17%), Calcium: 43.07mg (4.31%), Iron: 0.74mg (4.12%),
Zinc: 0.61mg (4.07%), Vitamin B3: 0.71mg (3.57%), Vitamin B5: 0.3mg (3.01%), Phosphorus: 24.49mg (2.45%),
Vitamin B2: 0.03mg (1.95%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.49%)