Pineapple Basil Sorbet

About the Recipe

68 Calories · 0 g Protein · 1 g Fiber
Dessert

Ingredients

Makes 16 Servings

- 16 ounces frozen pineapple chunks
- 20 ounces canned crushed pineapple in juice
- 1/4 cup (10 g) basil leaves
- 1/2 cup (120 mL) agave
- 1/2 teaspoon xanthan gum

Directions

1. Add the frozen pineapple, canned pineapple, basil, agave, and xanthan gum to a blender. Blend until smooth and creamy.
2. Transfer to prepared ice cream maker and churn according to manufacturer's directions. Freeze overnight.NOTES: To make the sorbet without churning it in an ice cream maker, blend all of the ingredients as directed and pour into a standard-size loaf pan. Cover with plastic wrap and press the plastic wrap onto the surface of the sorbet; this prevents the sorbet from having an icy texture.

Nutrition Facts

Per serving:
Calories: 68
Fat: 0 g
Saturated Fat: 0 g
% Calories From Fat: 1%

Cholesterol: 0 mg
Protein: 0 g
Carbohydrate: 18 g
Sugar: 15 g
Fiber: 1 g
Sodium: 1 mg
Calcium: 10 mg
Iron: 0 mg
Vitamin C: 19 mg
Beta-Carotene: 40 mcg
Vitamin E: 0 mg