

# 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