

Watermelon Sorbet

Ingredients:

3 cups watermelon, cubed
1/4 lemon juice

Directions:

1. Combine watermelon cubes and lemon juice in a blender or food processor. Pulse until smooth.
2. Pour into a container that will fit into your freezer. Freeze for 1 hour, break up the ice crystals with a butter knife, and allow freezing again.
3. Remove from freezer after 3-4 hours and serve.

Nutrition Facts	
Serving Size 1 cup (120g)	
Servings Per Container 4	
Amount Per Serving	
Calories 35	Calories from Fat 0
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% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 0g	
Vitamin A 10%	Vitamin C 20%
Calcium 0%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

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Source: Food.com

