

Lemony Sorbet

This tasty summer-time treat is a great source of vitamin C!

Serves 8



Ingredients

- 2 cups very hot water
- 1 cup sugar
- 2 cups fresh squeezed lemon juice (about 10 large lemons)

Nutrition Facts

Serving Size About 1/2 Cup
Servings Per Recipe 8

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **10%**

Dietary Fiber 0g **0%**

Sugars 27g

Protein 0g

Vitamin A 0% • Vitamin C 40%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Combine water and sugar. Stir until sugar is dissolved.
2. Add lemon juice and chill in refrigerator for 30 minutes.
3. Pour mixture into canister of ice cream maker and follow manufacturer's instructions for freezing.
4. Enjoy right away or keep in the freezer for up to 2 weeks.

