

# Low-Carb Watermelon Sorbet

Hands-on 5 minutes Overall 30-45 minutes

**Nutritional values per serving (2 scoops):** Total carbs: 7.1 g, Fiber: 1 g, **Net carbs: 6.1 g,**

Protein: 0.49 g, Fat: 0.12 g, Calories: 24.7 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



KetoDietApp.com

## Ingredients (makes 8 servings, ~16 scoops)

1/2 small watermelon (600g / 21.2 oz / 1.32 lb)

1 1/2 limes

*optionally:* 25-35 drops liquid Stevia extract if needed (I recommend SweetLeaf or NuNaturals) or other healthy low-carb sweetener from this list

*Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Cut the watermelon in cubes and remove all the seeds. Place in a blender together with freshly squeezed lime juice and stevia to taste. Pulse until smooth.
2. Pour into the ice-cream maker (I like this one and process according to the manufacturer's instructions. *Note: mine took just about 45 minutes. This varies based on the make of your ice-cream maker (30-60 minutes) and also depends how solid you want the sorbet to be. If you don't have an ice-cream maker, simply place the diced watermelon in the freezer for at least 3 hours and blend until smooth with lime juice and stevia.*
3. I wanted mine to be really frozen, so it took 45 minutes.
4. When done, using a rubber spatula, put into small containers and place in the freezer. This will help you with portion control and prevent you from eating all the ice-cream in one go. If you serve the sorbet straight away, garnish with lime wedges and fresh mint.

Enjoy!

as the best measure for carbs.

Other health benefits of watermelon are:

it's very high in water (more than 90%) which makes it filling

it's relatively low in net carbs and calories (7.2g net carbs and 30 kcal per 100g)

it's high in vitamin A

it contains lycopene, a carotenoid with antioxidant activity and has potential cancer-fighting abilities

Remember, only avoid watermelon or any fruit if your carbs limit is very low (20g or less of net carbs a day).

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## Watermelon and Glycemic Index...

Although it has a high Glycemic Index (GI = 72), it has a very low Glycemic Load (GL = 4).

*GL, which measures how much insulin will be released by your body for a given food measured in standard portions. This is different to GI, which doesn't take the serving size into account. As a result, some foods with high GI could have low GL. Therefore, GL is recommended*