

  
**THICK  
& EASY**

# Watermelon Lime Sorbet





# Watermelon Lime Sorbet

⌚ 2 - 3 HOURS

IDDSI LEVELS **4**



## NUTRITION

**Serving Size:**  
1 - #10 scoop (scant 1/2 cup)

**Calories:** 90

**Total Fat:** 0g

**Saturated Fat:** 0g

**Trans Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 10mg

**Total Carbs:** 24g

**Dietary Fiber:** 0g

**Total Sugars:** 18g

**Added Sugars:** 10g

**Protein:** 1g

**Potassium:** 140mg

**Calcium:** 0% DV

**Iron:** 0% DV

**Vitamin D:** 0% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
Seedless Watermelon, diced	3/4 cup	4 1/2 cups	2 quarts + 1 cup
Water	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Sugar	2 1/2 tsp	2 1/2 Tbsp	1/4 cup + 1 Tbsp
Lime juice	2 tsp	2 Tbsp	1/4 cup
<b>THICK &amp; EASY® Instant Food Thickener</b> Item: 30382, 39964, 72456, 72448	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup

NOTE: May also be suitable for Levels 5 & 6

## DIRECTIONS

- Combine sugar and water in a saucepan or microwave safe container. Bring to **broil** and stir until sugar is dissolved.
- Remove any white seeds from watermelon and puree until smooth.
- Add sugar/water mixture and lime juice; blend well.
- Add **THICK & EASY® Instant Food Thickener** and blend until mixture starts to thicken and powder is dissolved.
- Pour into a bowl or shallow pan. Cover and freeze.
- When ready to serve, remove sorbet from freezer and allow to thaw until slightly slushy. Sorbet may also be shaved with a spoon or fork until soft enough to scoop.
- Portion one #10 scoop (scant 1/2 cup) sorbet per serving.

## PREPARATION OPTIONS

- THICK & EASY® Clear Instant Food & Beverage Thickener** may be used in place of Instant Food & Beverage Thickener. Use 2 scoops **THICK & EASY® Clear Instant Food & Beverage Thickener** for each serving prepared.
- Sorbet mixture can also be used to make popsicles.

## PRODUCT INFORMATION

SHELF STABLE	Item Code	Sysco #	GFS #	Pack Size	Serving Size	Calories	Fat	Sodium	CHO	Protein	Kosher	Shelf Life	Gluten Free	Lactose Free
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener</b>														
Instant Food & Beverage Thickener	39964	2542389	6988146	2/1.13 kg	4.5 g	16	0 g	10 mg	4 g	0 g	Ⓢ	5 yr	Y	Y
Instant Food & Beverage Thickener	30382	4505269	6406976	1/2kg	4.5 g	15	0 g	10 mg	4 g	0 g	Ⓢ	5 yr	Y	Y
Clear Instant Food & Beverage Thickener	72448	5471101	1383967	12/126 g	1.4 g	5	0 g	20 mg	1 g	0 g	Ⓢ	3 yr	Y	Y
Clear Instant Food & Beverage Thickener	72456	5471386	1375569	1/1.81 kg	1.4 g	5	0 g	20 mg	1 g	0 g	Ⓢ	3 yr	Y	Y



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