


**THICK
& EASY**

Watermelon Lime Sorbet





Watermelon Lime Sorbet

⌚ 2 - 3 HOURS

IDDSI LEVEL

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 |
| THICK & EASY® Instant Food Thickener 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

1. Combine sugar and water in a saucepan or microwave safe container. Bring to boil and stir until sugar is dissolved.
2. Remove any white seeds from watermelon and puree until smooth.
3. Add sugar/water mixture and lime juice; blend well.
4. Add **THICK & EASY® Instant Food Thickener (starch based)** and blend until mixture starts to thicken and powder is dissolved.
5. Pour into a bowl or shallow pan. Cover and freeze.
6. 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.
7. 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 (starch based). 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 |
|----------------------------------------------------------------|-----------|---------|---------|-----------|--------------|----------|-----|--------|-----|---------|--------|------------|-------------|--------------|
| THICK & EASY® Instant Food & Beverage Thickener | | | | | | | | | | | | | | |
| Instant Food & Beverage Thickener (starch based) | 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 (starch based) | 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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