

PREPARATION: 10 MINUTES | FREEZING: MINIMUM OF 2 HOURS
SERVINGS: 5

WATERMELON STRAWBERRY SORBET

INGREDIENTS

*2 cups watermelon,
diced ½ inch and frozen*

1 cup strawberries, frozen

1 tablespoon lemon juice

¼ cup water

*¼ cup honey**

* People with weakened immune systems should not eat raw honey due to the risk of bacterial or fungal infection. Filtered honey, commonly found at local grocery stores, is a preferable substitute, however, always contact your healthcare team if you have any food concerns.

PREPARATION

- 1** Dice watermelon into ½ inch cubes. Place cubes on a cookie sheet, in a single layer, and freeze for at least 2 hours or overnight.
- 2** In a food processor, add frozen watermelon and strawberries, lemon juice, water, and honey. Process until smooth.
- 3** Place in a serving dish and serve immediately.
- 4** Alternatively, cover and freeze for later use. Remove from freezer 5 minutes before serving.

SUGGESTION

✓ *You can use lime juice in place of the lemon juice.*



WATERMELON STRAWBERRY SORBET



Nutrient Analysis

PER SERVING

1/3 of recipe

Renal/Diabetic exchanges:

1 Lower-Potassium Fruit

| | |
|--------------------|---------------|
| Calories | 80Kcal |
| Protein | 1g |
| Total Carbohydrate | 21g |
| Fiber | 1g |
| Sugars | 19g |
| Fat | 0g |
| Saturated | 0g |
| Cholesterol | 0mg |
| Sodium | 1mg |
| Potassium | 124mg |
| Phosphorus | 14mg |
| Calcium | 10mg |
| Iron | 0mg |
| Magnesium | 10mg |
| Vitamin C | 23mg |

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Enjoy watermelon as a lower-potassium fruit

Fruits are part of a healthy diet for all. However, for those with chronic kidney disease, many fruits contain too much potassium to be enjoyed on a daily basis.

Typically melons contain a lot of potassium, but watermelon has the least amount of all the melons. To compare, a ½ cup of diced watermelon contains 85 milligrams of potassium whereas the same amount of cantaloupe contains 208 milligrams and honeydew contains 194 milligrams of potassium.¹

In other words, watermelon contains less than half the amount of potassium when compared to other melons. Always remember, a lower-potassium food can be too much potassium if you eat too much of it and a higher-potassium food may work in your diet if you have only a small amount of it. Ask your dietitian how much watermelon is right for you.

1. United States Department of Agriculture: National Nutrient Database for Standard Reference Release 28. Available at: <https://ndb.nal.usda.gov/ndb/search/list>. Accessed May 23, 2017.

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