

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	
1/5 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	
✓ CKD Non-Dialysis	✓ Dialysis/Diabetes
✓ Dialysis	✓ 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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