



Apricot Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds apricots pitted halved (9 large)
- ☐ 1.8 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 3 cups water

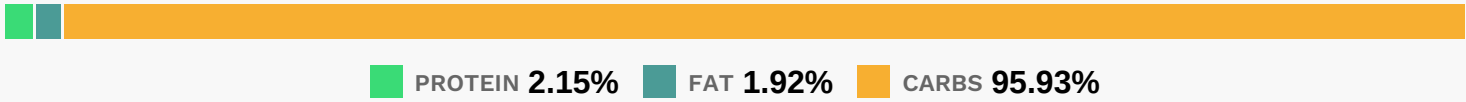
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine water and sugar in a large saucepan, and bring to a boil over medium-high heat, stirring occasionally.
- ☐ Add apricots; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until apricots are tender.
- ☐ Place apricot mixture and vanilla in a blender; process until smooth. Chill.
- ☐ Pour mixture into the freezer can of an ice cream freezer, and freeze according to manufacturer's instructions. Spoon into a freezer-safe container; cover and freeze 2 hours.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:16.88, Inflammation Score:-5, Nutrition Score:2.047391274701%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 106.07kcal (5.3%), Fat: 0.24g (0.36%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 25.72g (9.35%), Sugar: 25.82g (28.69%), Cholesterol: 0mg (0%), Sodium: 2.91mg (0.13%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 0.6g (1.19%), Vitamin A: 819.02IU (16.38%), Vitamin C: 4.25mg (5.15%), Fiber: 0.85g (3.4%), Potassium: 111.32mg (3.18%), Vitamin E: 0.38mg (2.52%), Copper: 0.04mg (2.11%), Manganese: 0.03mg (1.74%), Vitamin K: 1.4µg (1.34%), Vitamin B3: 0.26mg (1.29%), Vitamin B2: 0.02mg (1.27%), Magnesium: 4.76mg (1.19%), Vitamin B6: 0.02mg (1.15%), Vitamin B5: 0.1mg (1.02%)