



Apricot Sorbet Float



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



179 kcal

DESSERT

Ingredients



1 pound apricots pitted plus more for serving, , sliced



0.8 cup sparkling wine plus more for serving



1 cup sugar

Equipment



bowl

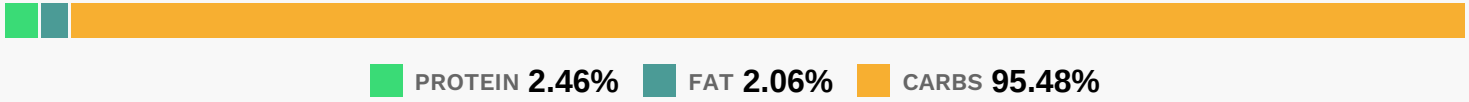


sauce pan

Directions

- ☐ Bring sugar, 1 pound apricots, 3/4 cupsparkling wine, and 2 cups water to aboil in a medium saucepan. Reduceheat and simmer, stirring occasionally,until apricots are very tender, 10–15minutes.
- ☐ Let cool completely.
- ☐ Transfer apricot mixture to a blenderand purée until smooth.
- ☐ Add water toapricot mixture so it measures 4 cups.
- ☐ Transfer mixture to a large shallowbaking dish. Freeze until solid, at least4 hours.
- ☐ To serve, scoop sorbet into coupeglasses or bowls and top with moreapricot slices and some sparkling wine.
- ☐ Per serving: 140 calories, 1 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:26.14, Inflammation Score:-7, Nutrition Score:3.7430435250635%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 179.08kcal (8.95%), Fat: 0.4g (0.62%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 40.42g (14.7%), Sugar: 40.59g (45.1%), Cholesterol: 0mg (0%), Sodium: 3.15mg (0.14%), Alcohol: 1.89g (100%), Alcohol %: 1.73% (100%), Protein: 1.08g (2.16%), Vitamin A: 1456.03IU (29.12%), Vitamin C: 7.56mg (9.16%), Potassium: 222.43mg (6.36%), Fiber: 1.51g (6.05%), Vitamin E: 0.67mg (4.49%), Copper: 0.06mg (3.23%), Manganese: 0.06mg (2.98%), Magnesium: 10.51mg (2.63%), Vitamin B3: 0.48mg (2.42%), Iron: 0.43mg (2.39%), Vitamin K: 2.49µg (2.38%), Vitamin B6: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.32%), Phosphorus: 21.81mg (2.18%), Vitamin B5: 0.18mg (1.81%), Folate: 7.1µg (1.77%), Vitamin B1: 0.02mg (1.51%), Calcium: 12.82mg (1.28%), Zinc: 0.18mg (1.19%)