

Bellini Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



8

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus
- ☐ 1 tablespoon juice of lemon
- ☐ 4 cups peaches peeled sliced
- ☐ 750 ml demi-sec sparkling wine divided
- ☐ 0.3 cup sugar

Equipment

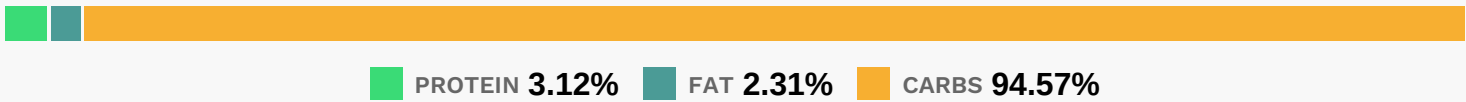
- ☐ bowl
- ☐ sauce pan

- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ ice cream machine
- ☐ immersion blender

Directions

- ☐ Cook peaches, sugar, and 1/2 cup water in a medium saucepan over low heat until mixture is very hot and peaches have softened, about 15 minutes. Stir in corn syrup and lemon juice.
- ☐ Remove from heat.
- ☐ Pure until smooth using an immersion blender (or use a regular blender, working in batches).
- ☐ Pour peach pure through a strainer into a bowl, using a ladle to push pure through. Chill mixture until cold.
- ☐ Add 1 cup sparkling wine to peach pure (cork remaining wine and chill until ready to serve), then freeze in an ice cream maker according to manufacturer's directions.
- ☐ Transfer to a sealable container and freeze until firm, about 5 hours.
- ☐ Pour 1/4 cup reserved sparkling wine into each of 8 chilled Champagne flutes, then top with 3 small scoops of sorbet.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:8.58, Inflammation Score:-5, Nutrition Score:2.6056521509005%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 132.8kcal (6.64%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 22.25g (8.09%), Sugar: 22g (24.45%), Cholesterol: 0mg (0%), Sodium: 23.24mg (1.01%), Alcohol: 5.99g (100%), Alcohol %: 4.01% (100%), Protein: 0.77g (1.55%), Potassium: 178.4mg (5.1%), Vitamin A: 251.13IU (5.02%), Vitamin C: 3.88mg (4.71%), Fiber: 1.16g (4.64%), Magnesium: 15.73mg (3.93%), Vitamin E: 0.56mg (3.77%), Vitamin B3: 0.72mg (3.58%), Iron: 0.64mg (3.56%), Copper: 0.07mg (3.55%), Phosphorus: 31.12mg (3.11%), Selenium: 1.92µg (2.74%), Manganese: 0.05mg (2.37%), Vitamin K: 2.31µg (2.2%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.94%), Vitamin B1: 0.03mg (1.68%), Folate: 5.93µg (1.48%), Calcium: 13.06mg (1.31%), Vitamin B5: 0.12mg (1.2%)