



Bing Cherry Sorbet with Prosecco



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons amaretto
- ☐ 1.3 pounds cherries fresh pitted
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup sugar
- ☐ 0.7 cup water
- ☐ 2.7 cups frangelico white chilled

Equipment

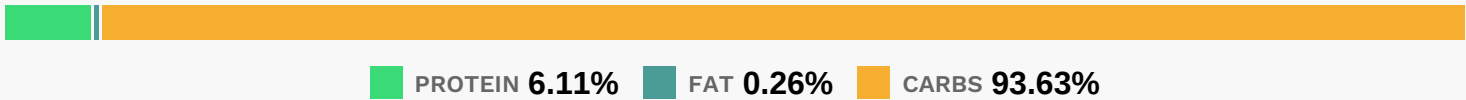
- ☐ bowl

- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Combine 1 cup sugar and 2/3 cup water in a 2-cup glass measuring cup. Microwave at HIGH 2 minutes. Cool completely.
- ☐ Place sugar syrup, cherries, amaretto, and lime juice in a blender; process 1 minute or until smooth.
- ☐ Pour mixture into the freezer can of a tabletop ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 4 hours or until firm.
- ☐ Pour 1/3 cup prosecco into each of 8 chilled dessert bowls; spoon about 1/3 cup sorbet into each glass or bowl.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:0, Nutrition Score:4.3269564868963%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 354.92kcal (17.75%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 82.17g (27.39%), Net Carbohydrates: 75.04g (27.29%), Sugar: 65.96g (73.29%), Cholesterol: 0mg (0%), Sodium: 13.86mg (0.6%), Alcohol: 1.46g (100%), Alcohol %: 1.43% (100%), Protein: 5.36g (10.72%), Vitamin A: 2685.63IU (53.71%), Fiber: 7.13g (28.52%), Calcium: 69.46mg (6.95%), Iron: 1.24mg (6.91%), Vitamin C: 1.13mg (1.36%)