



## Bing Cherry Sorbet with Prosecco

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



421 kcal

DESSERT

### 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 wine 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

■ PROTEIN **6.02%** ■ FAT **0.25%** ■ CARBS **93.73%**

## Properties

Glycemic Index:10.64, Glycemic Load:17.76, Inflammation Score:-9, Nutrition Score:5.0595651782401%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 420.52kcal (21.03%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 84.25g (28.08%), Net Carbohydrates: 77.12g (28.04%), Sugar: 66.73g (74.14%), Cholesterol: 0mg (0%), Sodium: 17.86mg (0.78%), Alcohol: 9.7g (100%), Alcohol %: 5.86% (100%), Protein: 5.41g (10.83%), Vitamin A: 2685.63IU (53.71%), Fiber: 7.13g (28.52%), Iron: 1.46mg (8.11%), Calcium: 76.66mg (7.67%), Manganese: 0.1mg (4.81%), Magnesium: 8.67mg (2.17%),

Vitamin B6: 0.04mg (2.07%), Potassium: 63.38mg (1.81%), Phosphorus: 15.26mg (1.53%), Vitamin C: 1.13mg (1.36%),  
Vitamin B2: 0.02mg (1.06%)