



Blackberry-Black Tea Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 1.5 pounds blackberries rinsed
- ☐ 1.3 cups sugar
- ☐ 2 cups assam tea black brewed

Equipment

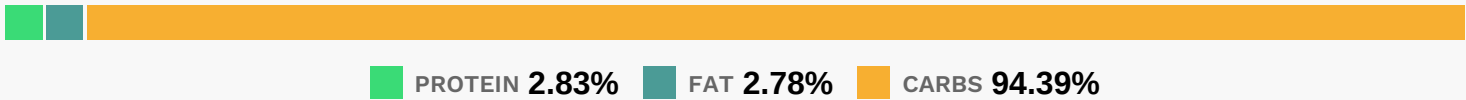
- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ blender

- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a blender, whirl blackberries until pured.
- ☐ Pour through a fine strainer into a bowl, pressing pulp with a spatula to extract as much juice as possible; you should have 2 cups pure. Discard solids.
- ☐ Whisk tea and sugar into pure. Cover and chill until cold, at least 3 hours or up to 1 day.
- ☐ Freeze in an ice cream maker (at least 1 1/2-qt. capacity) according to manufacturer's instructions until machine stops or dasher is hard to turn.
- ☐ Transfer sorbet to an airtight container and freeze until firm, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:18.19, Inflammation Score:-5, Nutrition Score:5.0017391572828%

Flavonoids

Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg, Cyanidin: 68mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 25.93mg, Catechin: 25.93mg, Catechin: 25.93mg, Catechin: 25.93mg Epigallocatechin: 3.87mg, Epigallocatechin: 3.87mg, Epigallocatechin: 3.87mg, Epigallocatechin: 3.87mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Epicatechin 3-gallate: 2.77mg, Epicatechin 3-gallate: 2.77mg, Epicatechin 3-gallate: 2.77mg, Epicatechin 3-gallate: 2.77mg Epigallocatechin 3-gallate: 4.88mg, Epigallocatechin 3-gallate: 4.88mg, Epigallocatechin 3-gallate: 4.88mg, Epigallocatechin 3-gallate: 4.88mg Theaflavin: 0.75mg, Theaflavin: 0.75mg, Theaflavin: 0.75mg, Theaflavin: 0.75mg Thearubigins: 38.37mg, Thearubigins: 38.37mg, Thearubigins: 38.37mg, Thearubigins: 38.37mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg Theaflavin-3,3'-digallate: 0.83mg, Theaflavin-3,3'-digallate: 0.83mg, Theaflavin-3,3'-digallate: 0.83mg, Theaflavin-3,3'-digallate: 0.83mg Theaflavin-3'-gallate: 0.71mg, Theaflavin-3'-gallate: 0.71mg, Theaflavin-3'-gallate: 0.71mg, Theaflavin-3'-gallate: 0.71mg Gallocatechin: 0.59mg, Gallocatechin: 0.59mg, Gallocatechin: 0.59mg, Gallocatechin: 0.59mg

Nutrients (% of daily need)

Calories: 125.98kcal (6.3%), Fat: 0.41g (0.64%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 27.97g (10.17%), Sugar: 28.27g (31.41%), Cholesterol: 0mg (0%), Sodium: 2.35mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.44mg (3.15%), Protein: 0.95g (1.89%), Manganese: 0.54mg (27.19%), Vitamin C: 14.29mg (17.32%), Fiber: 3.61g (14.42%), Vitamin K: 13.47µg (12.83%), Copper: 0.12mg (5.94%), Vitamin E: 0.8mg (5.31%), Folate: 19.37µg (4.84%), Magnesium: 15.02mg (3.76%), Potassium: 128.19mg (3.66%), Vitamin A: 145.6IU (2.91%), Zinc: 0.37mg (2.48%), Iron: 0.44mg (2.47%), Vitamin B3: 0.44mg (2.2%), Calcium: 19.98mg (2%), Vitamin B5: 0.19mg (1.93%), Vitamin B2: 0.03mg (1.71%), Phosphorus: 15.44mg (1.54%), Vitamin B6: 0.02mg (1.02%)