



Blackberry Wine Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



738 min.

SERVINGS



12

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 1 cup blackberries fresh
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 0.5 cup raspberries fresh
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cooking wine

☐ 3 cups cooking wine

Equipment

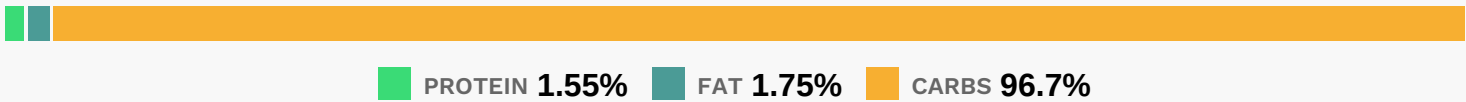
☐ bowl

☐ sauce pan

Directions

- ☐ Cook first 3 ingredients and 1 cup water in a small saucepan over medium heat, stirring occasionally, 3 minutes or just until sugar dissolves. Fill a large bowl with ice; place saucepan in ice, and let stand, stirring wine mixture occasionally, until cold (about 1 hour).
- ☐ Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker; freeze according to manufacturer's instructions. (Instructions and times will vary.) Spoon sorbet into an airtight container; cover and freeze at least 8 hours.
- ☐ Combine blackberries and next 5 ingredients; toss gently. Cover and chill up to 2 hours.
- ☐ Serve sorbet topped with berries.
- ☐ *Riesling or a dry ros may be substituted.

Nutrition Facts



Properties

Glycemic Index:24.43, Glycemic Load:14.08, Inflammation Score:-3, Nutrition Score:2.4591304374778%

Flavonoids

Cyanidin: 15.33mg, Cyanidin: 15.33mg, Cyanidin: 15.33mg, Cyanidin: 15.33mg Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg, Petunidin: 3.9mg Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 2.53mg, Peonidin: 2.53mg, Peonidin: 2.53mg, Peonidin: 2.53mg Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin:

0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 140.24kcal (7.01%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 23.12g (8.41%), Sugar: 21.27g (23.64%), Cholesterol: 0mg (0%), Sodium: 3.74mg (0.16%), Alcohol: 6.5g (100%), Alcohol %: 7.02% (100%), Protein: 0.39g (0.78%), Manganese: 0.23mg (11.6%), Vitamin C: 7.07mg (8.57%), Fiber: 1.29g (5.14%), Vitamin K: 5.19µg (4.94%), Potassium: 106.68mg (3.05%), Magnesium: 11.66mg (2.91%), Vitamin B6: 0.05mg (2.46%), Iron: 0.39mg (2.17%), Copper: 0.04mg (1.94%), Phosphorus: 19.03mg (1.9%), Vitamin E: 0.27mg (1.79%), Vitamin B2: 0.03mg (1.71%), Folate: 6.09µg (1.52%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.19mg (1.29%), Calcium: 11.63mg (1.16%)