

# Champagne Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



200 min.

SERVINGS



2

CALORIES



591 kcal

DESSERT

## Ingredients

- ☐ 1.5 cups sparkling wine
- ☐ 1 cup granulated sugar white
- ☐ 1 Tbsp plus light
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups grapefruit juice fresh
- ☐ 0.3 cup squeezed lemon juice fresh (Meyer if you have access to them)

## Equipment

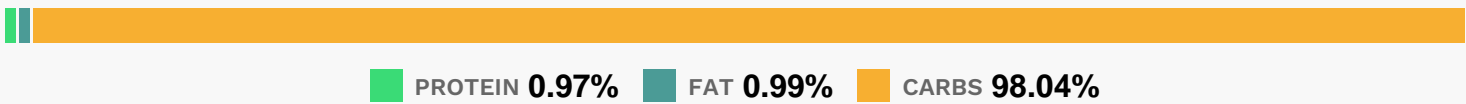
- ☐ bowl

- ☐ sauce pan
- ☐ plastic wrap
- ☐ ice cream machine

## Directions

- ☐ Boil champagne, sugar, corn syrup, zest: Put champagne, sugar, corn syrup, and zest into a saucepan. Bring to a vigorous boil so that the sugar completely dissolves, remove from heat.
- ☐ Strain: Strain into a stainless steel bowl (will help cool down faster), add the grapefruit juice and lemon juice.
- ☐ Chill: Chill completely. To do this, either place bowl in a larger bowl half-filled with ice water, and stir until champagne solution is completely cold, refreshing the ice in the outer bowl if necessary.
- ☐ Or you can cover with plastic wrap and chill in your refrigerator overnight.
- ☐ I put the bowl in the ice compartment of our freezer for a couple hours, because it fits, chills quickly, and is far enough away from the other food in the freezer.
- ☐ Process in ice cream maker: Process the mixture in your ice cream maker (Amazon sells a good one) according to the ice cream maker directions.
- ☐ Transfer mixture to a storage container and freezer in your freezer until firm, at least 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:68.55, Glycemic Load:80.76, Inflammation Score:-6, Nutrition Score:5.9295652754929%

## Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 591.46kcal (29.57%), Fat: 0.6g (0.92%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 132.03g (44.01%), Net Carbohydrates: 131.66g (47.87%), Sugar: 130.56g (145.07%), Cholesterol: 0mg (0%), Sodium: 24.11mg (1.05%),

Alcohol: 11.33g (100%), Alcohol %: 2.89% (100%), Protein: 1.31g (2.62%), Vitamin C: 60.71mg (73.58%), Potassium: 477.63mg (13.65%), Magnesium: 37.49mg (9.37%), Iron: 1.5mg (8.32%), Phosphorus: 48.58mg (4.86%), Vitamin B3: 0.74mg (3.7%), Calcium: 35.69mg (3.57%), Folate: 11.54µg (2.88%), Zinc: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.56%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.22mg (2.2%), Copper: 0.03mg (1.61%), Selenium: 1.07µg (1.53%), Fiber: 0.37g (1.5%)