



Cherry Sherbet



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons kirsch liqueur
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 cups milk
- ☐ 1 cup sugar
- ☐ 2 2 cups frozen sweet cherries (juice included) or 3 cups very ripe pitted fresh sweet cherries (see n sweet frozen (juice included))

Equipment

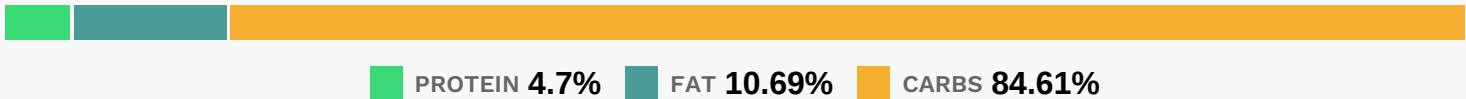
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Put cherries in a small saucepan.
- ☐ Add 1/4 cup water and bring to a boil over high heat. Lower heat to medium and cook, stirring, until cherries have released their juice and pulp has softened.
- ☐ Transfer cherry mixture to a blender and pulse 3 or 4 times to pure fruit pieces.
- ☐ Pour through a strainer into a medium heatproof bowl, using the back of a ladle to push any juice and pure through. Discard solids.
- ☐ Add sugar to hot liquid and stir until sugar has dissolved completely. Cover and chill for at least 1 hour.
- ☐ Add milk, kirsch, and lemon juice and stir to combine.
- ☐ Pour into an ice cream maker and churn according to manufacturer's directions.
- ☐ Transfer to an airtight, freezer-safe container and freeze at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:18.33, Inflammation Score:-1, Nutrition Score:1.7995651882628%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 135.3kcal (6.76%), Fat: 1.57g (2.41%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 27.82g (10.12%), Sugar: 27.6g (30.67%), Cholesterol: 5.49mg (1.83%), Sodium: 17.75mg (0.77%), Alcohol: 1.25g (100%), Alcohol %: 1.89% (100%), Protein: 1.55g (3.1%), Calcium: 57.24mg (5.72%), Phosphorus: 47.39mg (4.74%), Vitamin B12: 0.25µg (4.12%), Vitamin B2: 0.07mg (4.11%), Vitamin C: 3.09mg (3.75%), Vitamin D: 0.5µg (3.36%), Potassium: 81.49mg (2.33%), Vitamin B1: 0.03mg (1.88%), Vitamin B5: 0.18mg (1.85%), Vitamin B6: 0.03mg (1.62%), Magnesium: 6.17mg (1.54%), Vitamin A: 75.85IU (1.52%), Selenium: 1.03µg (1.47%), Zinc: 0.2mg (1.31%)