

Cosmopolitan Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1016 kcal

DESSERT

Ingredients



5.3 cups cranberries fresh thawed (not ; 24 oz)



0.3 cup juice of lime fresh



2 cups sugar



0.3 cup vodka



2 cups water



2 tablespoons cointreau

Equipment



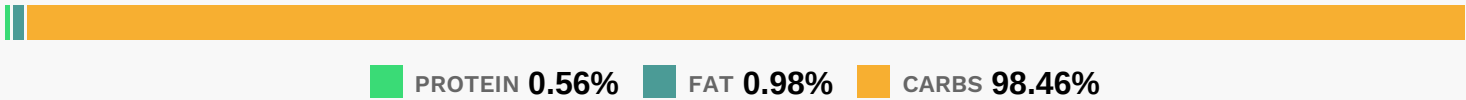
bowl

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

Directions

- ☐ Bring sugar and water to a boil in a 3-quart heavy saucepan, stirring until sugar is dissolved.
- ☐ Add cranberries and simmer, uncovered, until berries are collapsed, 8 to 10 minutes.
- ☐ Pour through a large sieve into a bowl, gently pressing on solids to extract liquid (without forcing pulp through), and discard solids. Cool syrup, then chill, covered, until cold.
- ☐ Stir in vodka, lime juice, and Cointreau and freeze in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer to harden.
- ☐ Sorbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:65.05, Glycemic Load:149.7, Inflammation Score:-7, Nutrition Score:10.93434780577%

Flavonoids

Cyanidin: 123.81mg, Cyanidin: 123.81mg, Cyanidin: 123.81mg, Cyanidin: 123.81mg Delphinidin: 20.45mg, Delphinidin: 20.45mg, Delphinidin: 20.45mg, Delphinidin: 20.45mg Malvidin: 1.17mg, Malvidin: 1.17mg, Malvidin: 1.17mg, Malvidin: 1.17mg Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg Peonidin: 131.09mg, Peonidin: 131.09mg, Peonidin: 131.09mg, Peonidin: 131.09mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg, Epigallocatechin: 1.97mg Epicatechin: 11.65mg, Epicatechin: 11.65mg, Epicatechin: 11.65mg, Epicatechin: 11.65mg Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 17.68mg, Myricetin: 17.68mg, Myricetin: 17.68mg, Myricetin: 17.68mg Quercetin: 39.73mg, Quercetin: 39.73mg, Quercetin: 39.73mg, Quercetin: 39.73mg

Nutrients (% of daily need)

Calories: 1015.73kcal (50.79%), Fat: 1.05g (1.62%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 238.58g (79.53%), Net Carbohydrates: 228.86g (83.22%), Sugar: 216.33g (240.36%), Cholesterol: 0mg (0%), Sodium: 21.27mg (0.92%), Alcohol: 13.92g (100%), Alcohol %: 2.27% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.37g (2.74%), Vitamin C: 46.41mg (56.25%), Manganese: 0.98mg (48.8%), Fiber: 9.72g (38.88%), Vitamin E: 3.59mg (23.91%), Vitamin K: 13.51µg (12.87%), Copper: 0.22mg (10.92%), Vitamin B5: 0.82mg (8.24%), Vitamin B6: 0.16mg (8.17%), Potassium: 257.53mg (7.36%), Vitamin B2: 0.1mg (5.87%), Magnesium: 21.24mg (5.31%), Iron: 0.75mg (4.18%), Phosphorus: 35.97mg (3.6%), Vitamin A: 175.13IU (3.5%), Calcium: 34.82mg (3.48%), Vitamin B1: 0.04mg (2.78%), Selenium: 1.54µg (2.2%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.33mg (1.67%), Folate: 5.69µg (1.42%)