



Cranberry and Vanilla Bean Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 3 cups cranberries fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 cups sugar
- ☐ 1 vanilla pod split
- ☐ 2.5 cups water

Equipment

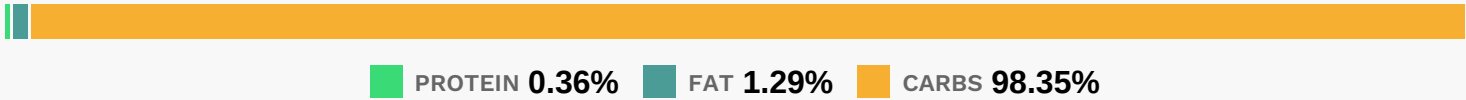
- ☐ bowl

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine cranberries, 2 1/2 cups water, sugar, and coarse salt in large heavy saucepan. Scrape in seeds from vanilla bean.
- ☐ Add beanto mixture and bring to boil over medium heat, stirring until sugar dissolves. Reduce heat to low; simmer until cranberries pop and are soft, stirring occasionally, about 10 minutes. Cool to room temperature.
- ☐ Remove vanilla bean from cranberry mixture. Working in batches, puree cranberry mixture in blender. Strain into large bowl; discard solids. Stir in lemon juice. Refrigerate cranberry mixture until well chilled, at least 4 hours or overnight.
- ☐ Transfer cranberry mixture to ice cream maker and process according to manufacturer's instructions.
- ☐ Transfer sorbet to container; cover and freeze.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:36.32, Inflammation Score:-1, Nutrition Score:1.6973912793657%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg 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 Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin:

2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 212.9kcal (10.64%), Fat: 0.32g (0.49%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 53.61g (19.49%), Sugar: 51.69g (57.44%), Cholesterol: 0mg (0%), Sodium: 150.37mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 8.2mg (9.94%), Manganese: 0.14mg (6.91%), Fiber: 1.37g (5.49%), Vitamin E: 0.51mg (3.38%), Copper: 0.04mg (1.88%), Vitamin K: 1.88µg (1.79%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.21%), Potassium: 38.88mg (1.11%), Vitamin B2: 0.02mg (1.07%)