



Cranberry Sherbet in Tuile Cups

 Vegetarian

READY IN



261 min.

SERVINGS



6

CALORIES



300 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon raspberries (raspberry-flavored liqueur)
- ☐ 3 tablespoons plus
- ☐ 1 tablespoon cornstarch
- ☐ 12 ounce cranberries fresh
- ☐ 1 large egg whites lightly beaten
- ☐ 6 tablespoons flour all-purpose

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 teaspoons juice of lime fresh
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 1 teaspoon orange zest grated
- ☐ 0.1 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 ounce chocolate white finely chopped
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1.5 cups water

Equipment

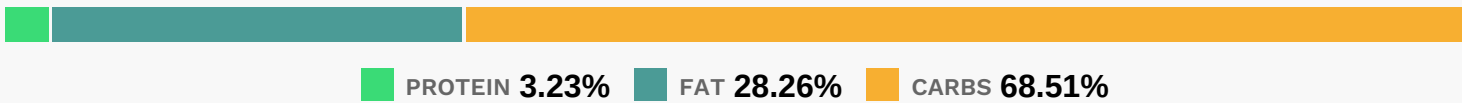
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ spatula

Directions

- ☐ To prepare sherbet, combine first 4 ingredients in a medium saucepan. Bring to a boil; cook 1 minute or until sugar dissolves.

- ☐ Remove from heat.
- ☐ Place pan in a large ice-filled bowl for 15 minutes or until mixture chills, stirring occasionally.
- ☐ Place sugar mixture, cranberries, liqueur, and juice in a food processor or blender; process until smooth. Press cranberry mixture through a fine sieve over a bowl; discard solids.
- ☐ Add cream to cranberry mixture in bowl; stir well.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sherbet into a freezer-safe container; cover and freeze at least 3 hours or until firm.
- ☐ Preheat oven to 35
- ☐ To prepare tuiles, combine 6 tablespoons sugar and next 4 ingredients (through dash of salt) in a bowl, stirring with a whisk.
- ☐ Add 3 tablespoons milk, vanilla, and egg white; stir until smooth.
- ☐ Add oil and butter, stirring until well combined.
- ☐ Coat a baking sheet with baking spray. Using your finger, draw 3 (6-inch) circles about 5 inches apart on baking sheet. Spoon 2 tablespoons batter onto each circle, spreading to edges of circles using the back of a spoon.
- ☐ Bake at 350 for 15 minutes or until browned. Loosen edges of tuiles with a spatula; remove from baking sheet. Working quickly, gently shape each tuile over a 4-inch-tall spice jar or small juice glass to form a shallow scalloped cup; cool completely. (Tuiles are delicate and should be handled carefully when shaped.) Repeat procedure with remaining batter.
- ☐ Place the chocolate in a microwave-safe bowl, and microwave at HIGH 1 minute or until chocolate almost melts, stirring until smooth.
- ☐ Place sparkling sugar in a shallow bowl. Gently coat edges of tuiles with melted chocolate using a small brush, and sprinkle chocolate with sparkling sugar.
- ☐ Let stand for 5 minutes or until firm. Spoon 1/2 cup sherbet into each tuile.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82.55, Glycemic Load:28.8, Inflammation Score:-4, Nutrition Score:4.797391285067%

Flavonoids

Cyanidin: 27.45mg, Cyanidin: 27.45mg, Cyanidin: 27.45mg, Cyanidin: 27.45mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 4.38mg, Delphinidin: 4.38mg, Delphinidin: 4.38mg, Delphinidin: 4.38mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 9.75g (15.01%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 50.75g (18.45%), Sugar: 41.6g (46.22%), Cholesterol: 17.81mg (5.94%), Sodium: 101.03mg (4.39%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 2.51g (5.01%), Manganese: 0.28mg (13.83%), Vitamin C: 9.64mg (11.68%), Fiber: 2.47g (9.87%), Vitamin E: 1.38mg (9.2%), Vitamin B2: 0.13mg (7.41%), Selenium: 4.71µg (6.72%), Vitamin B1: 0.08mg (5.47%), Vitamin K: 5.65µg (5.38%), Vitamin A: 250.22IU (5%), Folate: 16.47µg (4.12%), Phosphorus: 37.89mg (3.79%), Calcium: 36.49mg (3.65%), Copper: 0.06mg (3.17%), Vitamin B5: 0.31mg (3.06%), Iron: 0.55mg (3.04%), Potassium: 103.67mg (2.96%), Vitamin B3: 0.58mg (2.88%), Vitamin B6: 0.05mg (2.38%), Magnesium: 9.3mg (2.33%), Zinc: 0.27mg (1.82%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.16µg (1.06%)