

French Martini Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

Ingredients

- ☐ 0.3 cup rum (raspberry-flavored liqueur)
- ☐ 1.3 cups sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 cups pineapple juice unsweetened
- ☐ 2 tablespoons vodka
- ☐ 0.8 cup water

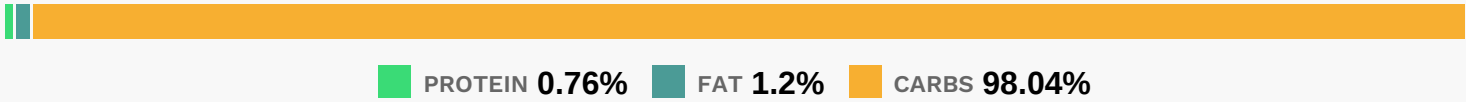
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine sugar and 3/4 cup water in a small saucepan over medium-high heat. Cook 2 minutes or until sugar dissolves, stirring constantly.
- ☐ Remove from heat; cool completely.
- ☐ Combine sugar mixture, juices, Chambord, vodka, and food coloring, if desired, in a large bowl; stir well.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:16.39, Glycemic Load:26.97, Inflammation Score:0, Nutrition Score:2.991304324049%

Flavonoids

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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 200.27kcal (10.01%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 45.22g (16.44%), Sugar: 42.59g (47.32%), Cholesterol: 0mg (0%), Sodium: 3.9mg (0.17%), Alcohol: 3.17g (100%), Alcohol %: 2.5% (100%), Protein: 0.35g (0.71%), Manganese: 0.45mg (22.47%), Vitamin C: 11.8mg (14.3%), Vitamin B6: 0.09mg (4.6%), Folate: 17.45µg (4.36%), Potassium: 125.78mg (3.59%), Vitamin B1: 0.05mg (3.58%), Copper: 0.07mg (3.57%), Magnesium: 11.52mg (2.88%), Iron: 0.3mg (1.67%), Vitamin B2: 0.03mg (1.58%), Calcium: 13.01mg (1.3%)