

Fresh Grape and Champagne Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



3

CALORIES



398 kcal

DESSERT

Ingredients

- 0.3 cup grape juice frozen thawed
- 3 servings grapes red seedless (for garnish; optional)
- 3 pinches ground cinnamon
- 4 cups grapes red seedless
- 0.8 cup sparkling wine
- 0.5 cup sugar

Equipment

- bowl

blender

Directions

Puree 4 cups grapes in blender.

Combine

Champagne, sugar, juice concentrate, 1/4 cup water, and cinnamon in bowl; add 1 1/2 cups grape puree (reserve any remaining puree for another use). Stir until sugar dissolves.

Process mixture in ice cream maker according to manufacturer's instructions.

Transfer to container. Cover and freeze until firm, at least 4 hours and up to 2 days.

Serve sorbet in Champagne coupes; garnish with additional grapes, if desired.

calories, 0 g fat, .7 g fiber

Bon Appétit

Nutrition Facts



PROTEIN 2.49% **FAT 1.49%** **CARBS 96.02%**

Properties

Glycemic Index: 55.7, Glycemic Load: 49.18, Inflammation Score: -4, Nutrition Score: 10.023913113967%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 398.22kcal (19.91%), Fat: 0.67g (1.03%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 97.06g (32.35%), Net Carbohydrates: 93.54g (34.01%), Sugar: 87.7g (97.44%), Cholesterol: 0mg (0%), Sodium: 12.16mg (0.53%), Alcohol: 3.78g (100%), Alcohol %: 1.08% (100%), Protein: 2.52g (5.03%), Vitamin K: 48.19µg (45.89%), Manganese: 0.46mg (22.94%), Copper: 0.43mg (21.59%), Potassium: 704.03mg (20.12%), Vitamin B1: 0.23mg (15.31%), Vitamin B6: 0.3mg (15.08%), Vitamin B2: 0.24mg (14.41%), Fiber: 3.52g (14.08%), Vitamin C: 10.53mg (12.77%), Iron: 1.57mg (8.71%), Magnesium: 31.52mg (7.88%), Phosphorus: 77.91mg (7.79%), Calcium: 50.72mg (5.07%), Vitamin A:

220.68IU (4.41%), Vitamin E: 0.65mg (4.3%), Vitamin B3: 0.72mg (3.58%), Zinc: 0.31mg (2.08%), Folate: 7.2µg (1.8%),
Vitamin B5: 0.18mg (1.77%)