



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 concord grape juice concentrate frozen thawed
- ☐ 3 servings additional grapes red seedless (for garnish; optional)
- ☐ 3 pinches few of ground cinnamon
- ☐ 4 cups grapes red seedless
- ☐ 0.8 cup sparkling wine
- ☐ 0.5 cup sugar

Equipment

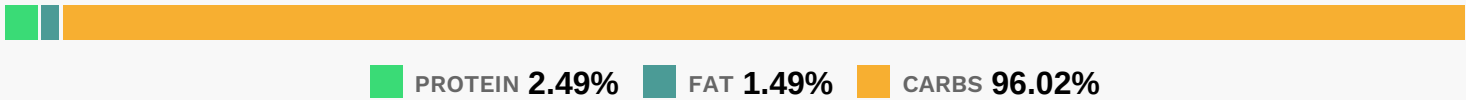
- ☐ bowl

☐ 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



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%)