



Gazpacho Sorbet with Apple Aspic

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



4

CALORIES



141 kcal

DESSERT

Ingredients

- 1 cup apple juice filtered ()
- 3 tablespoons balsamic vinegar
- 1.5 inch cucumber peeled quartered
- 1 garlic clove
- 1 teaspoon gelatin powder unflavored (from one)
- 4 servings mint leaves fresh
- 2 tablespoons olive oil extra virgin extra-virgin (preferably Andalusian hojiblanca)
- 0.5 large bell pepper red coarsely chopped

- 0.5 teaspoon salt
- 2 tablespoons sherry vinegar (preferably "reserva")
- 1.3 teaspoons sugar
- 1 lb tomatoes cored ripe quartered
- 0.3 cup onion sweet coarsely chopped
- 1 tablespoon water hot

Equipment

- food processor
- bowl
- sauce pan
- knife
- sieve
- baking pan
- mortar and pestle
- ice cream machine

Directions

- Bring apple juice to a boil in a small saucepan.
- Remove from heat and stir in gelatin until dissolved.
- Pour into an 8-inch square baking dish and chill, uncovered, until firm, about 2 hours.
- Soften gelatin in hot water 1 minute.
- Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste, tomatoes, bell pepper, onion, cucumber, vinegar, orujo, and sugar in a food processor until as smooth as possible.
- Add oil and gelatin mixture with motor running, then force purée through a sieve into a bowl, pressing firmly on solids. Discard solids.
- Chill until cold, about 1 hour, then freeze in ice cream maker.
- Transfer sorbet to an airtight container and put in freezer to harden.

- Boil vinegar in a small nonreactive saucepan until syrupy, 1 to 2 minutes, then cool completely.
- Cut aspic into small cubes and divide among 4 plates.
- Drizzle aspic with balsamic vinegar, then top with a scoop (about 1/4 cup) of sorbet.
- Aspic can be chilled up to 2 days. Cover once firm.·Sorbet can be made 3 days ahead.

Nutrition Facts



■ **PROTEIN 6.51%**
■ **FAT 46.06%**
■ **CARBS 47.43%**

Properties

Glycemic Index:68.96, Glycemic Load:6.19, Inflammation Score:-8, Nutrition Score:8.8030436116716%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 141.42kcal (7.07%), Fat: 7.4g (11.38%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.03g (5.46%), Sugar: 13.37g (14.86%), Cholesterol: 0mg (0%), Sodium: 306.57mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 43.43mg (52.65%), Vitamin A: 1630.41IU (32.61%), Vitamin K: 14.29µg (13.61%), Vitamin E: 1.95mg (13.02%), Manganese: 0.25mg (12.59%), Potassium: 413.2mg (11.81%), Vitamin B6: 0.19mg (9.28%), Fiber: 2.1g (8.43%), Folate: 30.34µg (7.58%), Copper: 0.12mg (5.8%), Magnesium: 22.04mg (5.51%), Vitamin B1: 0.07mg (4.87%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 44.93mg (4.49%), Iron: 0.73mg (4.08%), Vitamin B2: 0.06mg (3.4%), Calcium: 28.27mg (2.83%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.31mg (2.04%)