



Gazpacho Sorbet with Apple Aspic



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 cup clear apple juice filtered ()
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1.5 inch kirby cucumber peeled quartered
- ☐ 1 garlic clove
- ☐ 1 teaspoon gelatin powder unflavored (from one)
- ☐ 4 servings garnish: mint leaves fresh
- ☐ 2 tablespoons mild olive oil 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 such as vidalia sweet coarsely chopped
- ☐ 1 tablespoon water hot
- ☐ 1 tablespoon orujo spanish (clear brandy)
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Equipment

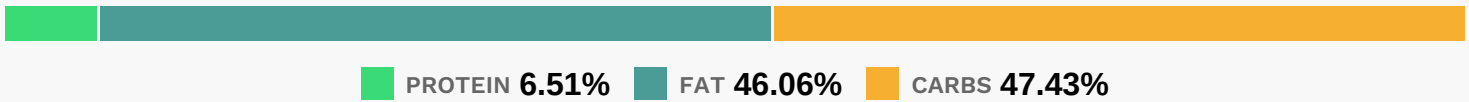
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ mortar and pestle
- ☐ ice cream machine

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



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: 2.11g (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%)