



Grapefruit Campari Sorbetto



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup campari chilled
- ☐ 3 cups grapefruit juice fresh chilled (from 4 large grapefruits)
- ☐ 1.5 cups sugar

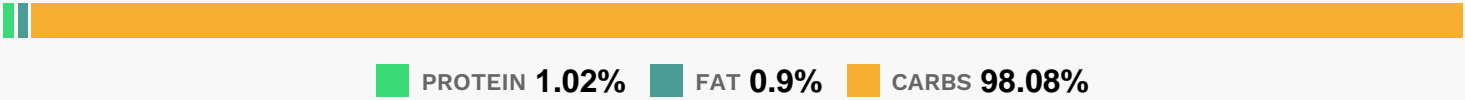
Equipment

- ☐ blender
- ☐ ice cream machine

Directions

- ☐
- In a blender, combine the grapefruit juice and sugar, and blend until the sugar is dissolved.
- ☐
- Add the Campari, pour the mixture into the container of an ice cream machine, and churn according to the manufacturer's instructions.
- ☐
- Transfer to an airtight container and freeze for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:30.85, Inflammation Score:-1, Nutrition Score:1.8986956739555%

Nutrients (% of daily need)

Calories: 224.47kcal (11.22%), Fat: 0.21g (0.32%), Saturated Fat: 0g (0%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 51.07g (18.57%), Sugar: 47.16g (52.4%), Cholesterol: 0mg (0%), Sodium: 2.14mg (0.09%), Alcohol: 3.35g (100%), Alcohol %: 3.02% (100%), Protein: 0.53g (1.06%), Vitamin C: 23.81mg (28.86%), Potassium: 144.12mg (4.12%), Magnesium: 8.85mg (2.21%), Iron: 0.37mg (2.07%), Vitamin B3: 0.27mg (1.33%)