



Grapefruit, Lime, and Tequila (Paloma) Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



2

CALORIES



813 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon pepper (such as aleppo)
- ☐ 1 cup plus light (clear)
- ☐ 2.3 cup grapefruit juice
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup lime zest fresh grated
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons tequila

Equipment

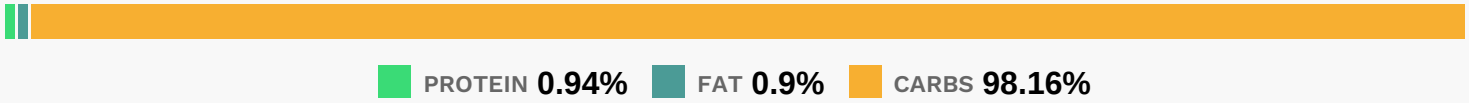
- ☐ whisk
- ☐ mixing bowl
- ☐ ice cream machine

Directions

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In a large mixing bowl, whisk together all ingredients until sugar is dissolved. Chill mixture in refrigerator until very cold, about 3 hours, then strain into ice cream maker and churn according to manufacturer's instructions. Chill in freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:92.05, Glycemic Load:56.94, Inflammation Score:-5, Nutrition Score:7.3708696158036%

Flavonoids

Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 812.75kcal (40.64%), Fat: 0.77g (1.18%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 187.96g (62.65%), Net Carbohydrates: 186.93g (67.98%), Sugar: 185.52g (206.14%), Cholesterol: 0mg (0%), Sodium: 988.35mg (42.97%), Alcohol: 15.03g (100%), Alcohol %: 3.58% (100%), Protein: 1.79g (3.59%), Vitamin C: 78.41mg (95.04%), Potassium: 462.75mg (13.22%), Magnesium: 30.09mg (7.52%), Vitamin B1: 0.11mg (7.41%), Zinc: 1.08mg (7.17%), Iron: 1.29mg (7.15%), Calcium: 52.94mg (5.29%), Vitamin B3: 0.88mg (4.4%), Fiber: 1.02g (4.1%), Phosphorus: 36.08mg (3.61%), Vitamin B5: 0.32mg (3.2%), Selenium: 1.49µg (2.13%), Vitamin A: 104.71IU (2.09%), Folate: 7.3µg (1.83%), Copper: 0.03mg (1.5%)