



Green Apple and Sparkling Cider Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



5

CALORIES



201 kcal

DESSERT

Ingredients

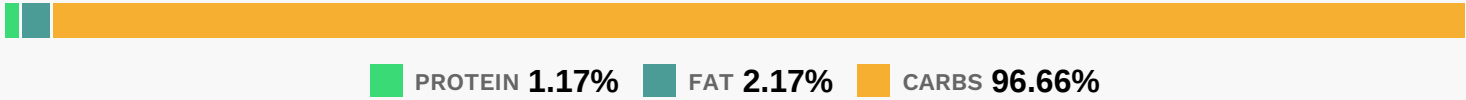
- ☐ 500 ml sparkling apple cider dry 6% with alcohol)
- ☐ 1 kg granny smith apples
- ☐ 0.5 lemon's juice to taste (or)
- ☐ 65 g sugar
- ☐ 125 ml water

Equipment

Directions

- ☐ Quarter the apples and remove the cores and seeds.
- ☐ Cut the unpeeled apples into 1-inch (3 cm) chunks.

Nutrition Facts



Properties

Glycemic Index:28.57, Glycemic Load:20.88, Inflammation Score:-3, Nutrition Score:4.0008695877117%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 19.76mg, Epicatechin: 19.76mg, Epicatechin: 19.76mg, Epicatechin: 19.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 200.6kcal (10.03%), Fat: 0.52g (0.8%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 52.03g (17.34%), Net Carbohydrates: 47.02g (17.1%), Sugar: 43.45g (48.27%), Cholesterol: 0mg (0%), Sodium: 7.4mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Fiber: 5.01g (20.03%), Vitamin C: 11.26mg (13.65%), Potassium: 318.1mg (9.09%), Manganese: 0.14mg (7.23%), Vitamin B6: 0.1mg (5.07%), Vitamin B2: 0.07mg (4.23%), Vitamin K: 4.4µg (4.19%), Magnesium: 15.42mg (3.85%), Vitamin B1: 0.06mg (3.71%), Copper: 0.07mg (3.57%), Phosphorus: 29.22mg (2.92%), Vitamin E: 0.37mg (2.5%), Vitamin A: 109.18IU (2.18%), Calcium: 21.04mg (2.1%), Iron: 0.37mg (2.05%), Vitamin B5: 0.17mg (1.75%), Folate: 6.6µg (1.65%), Vitamin B3: 0.26mg (1.29%)