



Green Apple Sauvignon Blanc Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



169 kcal

DESSERT

Ingredients



1.3 pound apples i use 2 granny smith apples green cored cut in 1-in. chunks (leave peels on)



0.3 teaspoon kosher salt



1 teaspoon juice of lemon



0.8 cup sauvignon blanc white wine chilled



0.8 cup sugar

Equipment



bowl



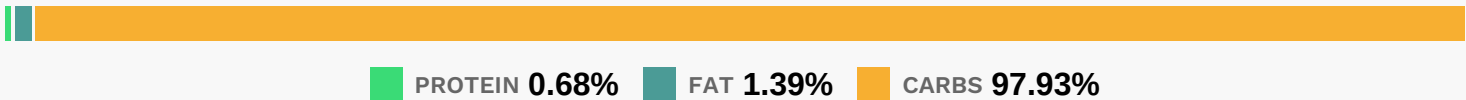
frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ ice cream machine

Directions

- ☐ Heat 1 cup water, the sugar, and apples in a medium saucepan over medium-high heat to a low boil, then reduce heat to low, partially cover pan, and gently simmer until apples are very tender, 10 to 15 minutes.
- ☐ Remove from heat and stir in wine, salt, and lemon juice.
- ☐ Mash mixture through a fine-mesh strainer or a food mill into a bowl to remove skins.
- ☐ Whisk to blend evenly.
- ☐ Pour pure into a shallow 9- by 13-in. baking dish and put in freezer 20 minutes. Freeze in an ice cream maker according to manufacturer's directions. For a firmer texture, transfer to an airtight container and freeze another 8 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:20.9, Inflammation Score:-2, Nutrition Score:1.5426086938899%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 169.47kcal (8.47%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.33g (13.21%), Sugar: 34.8g (38.67%), Cholesterol: 0mg (0%), Sodium: 98.1mg (4.27%), Alcohol: 3.1g (100%), Alcohol %: 2.62% (100%), Protein: 0.27g (0.54%), Fiber: 2.27g (9.08%), Vitamin C: 4.67mg (5.66%), Potassium: 102.49mg (2.93%), Vitamin K: 2.08µg (1.98%), Vitamin B6: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.73%), Manganese: 0.03mg (1.72%), Copper: 0.03mg (1.37%), Magnesium: 4.78mg (1.19%), Vitamin E: 0.17mg (1.14%), Vitamin B1: 0.02mg (1.08%), Phosphorus: 10.46mg (1.05%), Vitamin A: 51.08IU (1.02%)