

Green Apple Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



2

CALORIES



571 kcal

DESSERT

Ingredients

- ☐ 2.7 lb apples i use 2 granny smith apples cut into 1-inch wedges
- ☐ 0.7 cup sugar
- ☐ 0.3 cup water
- ☐ 1 C frangelico (1,000-mg)
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Equipment

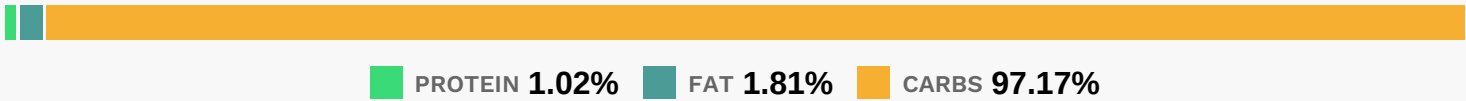
- ☐ sauce pan
- ☐ mortar and pestle

☐ juicer

Directions

- ☐ Simmer sugar and water in a small heavy saucepan, stirring, until sugar is dissolved, then remove from heat.
- ☐ Crush vitamin C tablet to a powder with a mortar and pestle or the back of a spoon and place in a 1-quart container that will fit under spout of juicer.
- ☐ Using electric juicer, juice apples into container. Spoon off foam and stir in sugar syrup. Chill, covered, until cold, at least 1 hour.
- ☐ Freeze in ice-cream maker.
- ☐ ·It's not necessary to peel or seed the apples before putting them in the juicer.·Sorbet can be kept, frozen, in an airtight container 1 week.
- ☐ Each 3/4-cup serving about 167 calories and less than 1 gram fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:51.05, Glycemic Load:68.6, Inflammation Score:-6, Nutrition Score:9.6091305665348%

Flavonoids

Cyanidin: 9.5mg, Cyanidin: 9.5mg, Cyanidin: 9.5mg, Cyanidin: 9.5mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 45.54mg, Epicatechin: 45.54mg, Epicatechin: 45.54mg, Epicatechin: 45.54mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg, Epigallocatechin 3-gallate: 1.15mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 24.25mg, Quercetin: 24.25mg, Quercetin: 24.25mg, Quercetin: 24.25mg

Nutrients (% of daily need)

Calories: 571.16kcal (28.56%), Fat: 1.24g (1.91%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 149.86g (49.95%), Net Carbohydrates: 135.35g (49.22%), Sugar: 129.43g (143.81%), Cholesterol: 0mg (0%), Sodium: 8.69mg (0.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Fiber: 14.52g (58.06%), Vitamin C: 27.82mg (33.72%), Potassium: 648.46mg (18.53%), Vitamin K: 13.31µg (12.67%), Vitamin B6: 0.25mg (12.4%), Manganese: 0.21mg (10.72%), Vitamin B2: 0.17mg (9.99%), Copper: 0.17mg (8.71%), Magnesium: 30.63mg (7.66%), Vitamin E: 1.09mg (7.26%), Vitamin B1: 0.1mg (6.85%), Phosphorus: 66.53mg (6.65%), Vitamin A: 326.59IU (6.53%), Folate: 18.14µg (4.54%), Iron: 0.76mg (4.22%), Calcium: 38.14mg (3.81%), Vitamin B5: 0.37mg (3.69%), Vitamin B3: 0.55mg (2.75%), Zinc: 0.25mg (1.68%)