



Ice Cream, Sorbet and Froyo Terrine



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



247 kcal

Ingredients

- ☐ 1 pint cherry sorbet black
- ☐ 1 pint pistachio ice cream
- ☐ 1 pint ice cream frozen
- ☐ 20 servings roasted pistachios salted chopped for serving

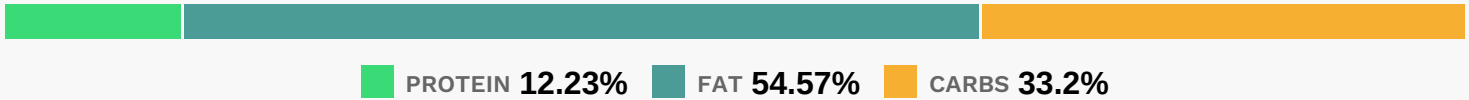
Equipment

- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen scissors

Directions

- ☐ Line a 9-by-5-inch loaf pan with plastic wrap, leaving a few inches of overhang all around. Using scissors, cut the carton away from the pistachio ice cream and slice the ice cream into 1/2-inch-thick slabs. Pack the slabs into the loaf pan, pressing to fill any gaps. Freeze until firm, about 10 minutes. Repeat with the sorbet for the middle layer and then the frozen yogurt for the top layer, freezing the terrine for 10 minutes between layers. Press a sheet of plastic wrap on top of the terrine, fold the overhanging wrap over and freeze until firm, about 1 hour.
- ☐ Unmold the terrine and transfer to a platter.
- ☐ Serve the terrine in slices and sprinkle with the pistachios.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:4.17, Inflammation Score:-5, Nutrition Score:10.839130500413%

Flavonoids

Cyanidin: 16.83mg, Cyanidin: 16.83mg, Cyanidin: 16.83mg, Cyanidin: 16.83mg Petunidin: 0.92mg, Petunidin: 0.92mg, Petunidin: 0.92mg, Petunidin: 0.92mg Delphinidin: 21.2mg, Delphinidin: 21.2mg, Delphinidin: 21.2mg, Delphinidin: 21.2mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 246.55kcal (12.33%), Fat: 15.76g (24.24%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 18.45g (6.71%), Sugar: 11.67g (12.97%), Cholesterol: 11.59mg (3.86%), Sodium: 33.88mg (1.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.89%), Vitamin C: 44.67mg (54.15%), Vitamin B6: 0.5mg (25.15%), Manganese: 0.4mg (19.92%), Copper: 0.39mg (19.49%), Vitamin B1: 0.27mg (17.68%), Phosphorus: 176mg (17.6%), Potassium: 464.2mg (13.26%), Fiber: 3.12g (12.48%), Calcium: 110.55mg (11.05%), Magnesium: 42.87mg (10.72%), Iron: 1.53mg (8.48%), Vitamin B2: 0.11mg (6.67%), Vitamin E: 0.95mg (6.34%), Zinc: 0.84mg (5.62%), Vitamin A: 270.22IU (5.4%), Folate: 15.46µg (3.87%), Vitamin B5: 0.38mg (3.77%), Selenium: 2.39µg (3.41%),

Vitamin B3: 0.46mg (2.31%), Vitamin B12: 0.09µg (1.54%)