



Ice-Wine Sorbet with White Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 375 ml ice cubes (13 fl oz)
- ☐ 4 peaches white cut into 1/2-inch-thick wedges
- ☐ 6 tablespoons sugar
- ☐ 0.8 cup water

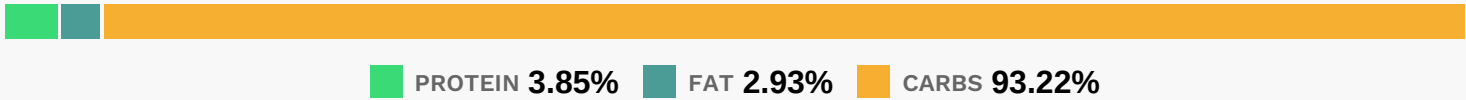
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ice cream machine

Directions

- ☐ Heat wine, water, and sugar in a 3-quart saucepan over moderate heat, stirring, until sugar is dissolved, then gently simmer 2 minutes.
- ☐ Transfer to a bowl, then set bowl in a larger bowl of ice water and stir until cold, 10 to 15 minutes. Freeze in ice cream maker.
- ☐ Transfer to an airtight container and put in freezer, at least 4 hours. (Texture will be soft.)
- ☐ Serve sorbet with peaches.
- ☐ Sorbet can be made 1 day ahead, but texture is best the day it is made.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:11.84, Inflammation Score:-3, Nutrition Score:2.6117391093918%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 88.2kcal (4.41%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.55g (7.47%), Sugar: 20.37g (22.63%), Cholesterol: 0mg (0%), Sodium: 17.72mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 326IU (6.52%), Fiber: 1.5g (6%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.73mg (4.87%), Copper: 0.09mg (4.68%), Vitamin B3: 0.81mg (4.03%), Potassium: 122.24mg (3.49%), Selenium: 2.17µg (3.1%), Manganese: 0.06mg (3.07%), Vitamin K: 3µg (2.86%), Magnesium: 8.92mg (2.23%), Phosphorus: 22mg (2.2%), Vitamin B2: 0.03mg (1.96%), Iron: 0.35mg (1.92%), Zinc: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.6%), Vitamin B5: 0.15mg (1.53%), Folate: 6µg (1.5%), Vitamin B6: 0.03mg (1.25%)