

Late-Harvest Riesling Sorbet with Berries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

DESSERT

Ingredients



1 cup blackberries



1 cup blueberries



0.3 cup juice of lime fresh



0.5 teaspoon lime rind grated



0.5 cup raspberries



1.7 cups late-harvest riesling



3 tablespoons late-harvest riesling



0.5 cup sugar

- ☐ 2 tablespoons sugar
- ☐ 0.5 cup water

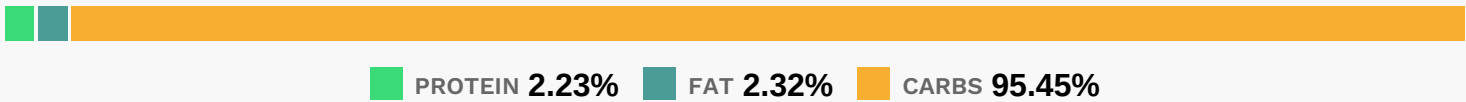
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To prepare sorbet, combine first 4 ingredients in a small saucepan over medium heat; cook 3 minutes or until sugar dissolves, stirring occasionally. Increase heat to medium-high; bring to a boil. Cook 30 seconds.
- ☐ Pour mixture into a bowl; cool. Cover and chill 1 hour.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 2 hours or until firm.
- ☐ To prepare berries, combine blackberries and remaining ingredients; toss gently. Cover and chill.
- ☐ Serve sorbet topped with berries.

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:16.02, Inflammation Score:-4, Nutrition Score:3.516086930814%

Flavonoids

Cyanidin: 30.65mg, Cyanidin: 30.65mg, Cyanidin: 30.65mg, Cyanidin: 30.65mg Petunidin: 7.81mg, Petunidin: 7.81mg, Petunidin: 7.81mg, Petunidin: 7.81mg Delphinidin: 8.87mg, Delphinidin: 8.87mg, Delphinidin: 8.87mg, Delphinidin: 8.87mg Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg, Malvidin: 16.69mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg, Peonidin: 5.07mg Catechin: 10.33mg, Catechin: 10.33mg, Catechin: 10.33mg, Catechin: 10.33mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate:

0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 0.34g (0.52%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.74g (10.45%), Sugar: 24.87g (27.63%), Cholesterol: 0mg (0%), Sodium: 1.98mg (0.09%), Alcohol: 7.05g (100%), Alcohol %: 4.87% (100%), Protein: 0.73g (1.46%), Vitamin C: 13.13mg (15.91%), Manganese: 0.31mg (15.38%), Fiber: 2.56g (10.24%), Vitamin K: 10.35µg (9.86%), Vitamin E: 0.53mg (3.54%), Copper: 0.07mg (3.5%), Folate: 10.6µg (2.65%), Potassium: 85.35mg (2.44%), Magnesium: 9.49mg (2.37%), Iron: 0.31mg (1.71%), Vitamin B3: 0.33mg (1.66%), Vitamin B2: 0.03mg (1.51%), Zinc: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 73.11IU (1.46%), Vitamin B5: 0.14mg (1.42%), Calcium: 13.2mg (1.32%), Vitamin B1: 0.02mg (1.31%), Phosphorus: 12.58mg (1.26%)