



Lenin and Lime Gin and Tonic Sorbetto



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 tablespoon hendrick's gin
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 juice of lemon
- ☐ 1 juice of lime
- ☐ 0.7 cup tonic water
- ☐ 0.7 cup water

Equipment

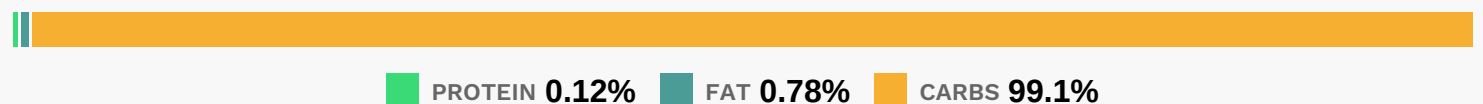
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Pour the water into a saucepan and add the sugar.
- ☐ Place over low heat and bring to a boil, whisking often, until the sugar dissolves. Reduce the heat and let simmer for 5 minutes, continuing to whisk until the liquid turns into a syrup.
- ☐ Pour the syrup into a heatproof bowl and set aside for about 30 minutes, stirring occasionally, until cooled to room temperature. For more rapid chilling, fill a sink halfway with cold water and ice and place the bowl of mixture in it for 20 minutes.
- ☐ Pour the tonic water into a bowl, add the sugar syrup, then cover and refrigerate, ideally overnight, until thoroughly chilled (at least 40°F).
- ☐ Add the gin, lime juice, and lemon juice to the chilled mixture, then pour into an ice cream machine and churn according to the manufacturer's instructions.
- ☐ When the churning is completed, use a spoon or spatula to scrape the sorbetto into a freezer-proof container with a lid. Freeze until it reaches the correct scooping texture (at least 2–3 hours).
- ☐ Decorate each portion with lime slices and serve.
- ☐ Inside Scoop
- ☐ "You cannot defeat a nation that enjoys ice cream in minus 40 degrees." —Winston Churchill, on a trip to Russia
- ☐ This bittersweet sorbetto has soft botanical notes and is fuel injected with enough alcohol for a kick in the Bolsheviks.
- ☐ Reprinted with permission from The Icecreamists by Matt O'Connor, Mitchell Beazley © 2013, photos by Anders Schonnemann.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:13.09, Inflammation Score:0, Nutrition Score:0.20739130465233%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 76.79kcal (3.84%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 19.1g (6.95%), Sugar: 18.82g (20.91%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 0.47g (100%), Alcohol %: 0.91% (100%), Protein: 0.02g (0.04%), Vitamin C: 1.85mg (2.24%)