



Nectarine-Gewürztraminer Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons juice of lemon
- ☐ 2 pounds nectarines ripe rinsed sliced
- ☐ 0.8 cup late-harvest johannisberg riesling
- ☐ 3 tablespoons sugar

Equipment

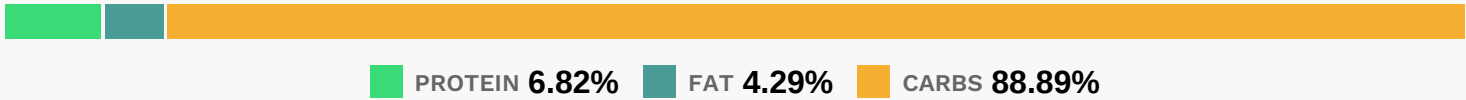
- ☐ food processor
- ☐ bowl
- ☐ blender

☐ ice cream machine

Directions

- ☐ In a bowl, mix nectarine slices with 3 tablespoons lemon juice. Whirl, a portion at a time, in a blender or food processor until very smooth. Return pure to bowl.
- ☐ Add Gewrztraminer, sugar to taste, and more lemon juice if desired. Nest bowl in ice water and stir often until mixture is cold, 5 to 10 minutes.
- ☐ Pour chilled pure into an ice cream maker (1-qt. or larger capacity). Freeze according to manufacturer's directions until sorbet is firm enough to scoop, dasher is hard to turn, or machine stops.
- ☐ Serve, or freeze airtight (see below)
- ☐ To get frozen desserts hard enough to scoop onto a cone, or to store them, transfer when frozen to an airtight container and put in the freezer at least 3 hours or up to 1 week.
- ☐ If freezing with ice and salt, leave the frozen dessert in ice and salt up to 3 hours.
- ☐ For best flavor and texture, serve frozen desserts within a week. On longer standing, icy crystals develop.

Nutrition Facts



Properties

Glycemic Index:56.55, Glycemic Load:27.55, Inflammation Score:-8, Nutrition Score:11.513913027618%

Flavonoids

Cyanidin: 9.66mg, Cyanidin: 9.66mg, Cyanidin: 9.66mg, Cyanidin: 9.66mg Catechin: 13.52mg, Catechin: 13.52mg, Catechin: 13.52mg, Catechin: 13.52mg Epicatechin: 11.52mg, Epicatechin: 11.52mg, Epicatechin: 11.52mg, Epicatechin: 11.52mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 323.15kcal (16.16%), Fat: 1.38g (2.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 64.49g (21.5%), Net Carbohydrates: 57.61g (20.95%), Sugar: 54.32g (60.35%), Cholesterol: 0mg (0%), Sodium: 59.37mg (2.58%), Alcohol: 8.55g (100%), Alcohol %: 1.86% (100%), Protein: 4.95g (9.9%), Vitamin A: 1507.28IU (30.15%), Fiber: 6.87g (27.49%), Vitamin C: 21.86mg (26.5%), Vitamin B3: 5.1mg (25.5%), Copper: 0.38mg (18.84%), Vitamin E: 2.8mg

(18.67%), Potassium: 617.74mg (17.65%), Manganese: 0.25mg (12.42%), Phosphorus: 119.73mg (11.97%), Vitamin B1: 0.16mg (10.64%), Magnesium: 42.17mg (10.54%), Vitamin B5: 0.87mg (8.69%), Vitamin K: 9.07µg (8.64%), Folate: 31.72µg (7.93%), Iron: 1.39mg (7.71%), Vitamin B2: 0.13mg (7.6%), Zinc: 0.97mg (6.44%), Vitamin B6: 0.12mg (6.19%), Calcium: 10.6mg (1.06%)