



Peach-Sriracha Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 4 servings mint leaves for garnish
- ☐ 2 pounds peaches pitted ripe peeled sliced
- ☐ 1 teaspoon sriracha
- ☐ 0.5 cup sugar
- ☐ 1 cup water

Equipment

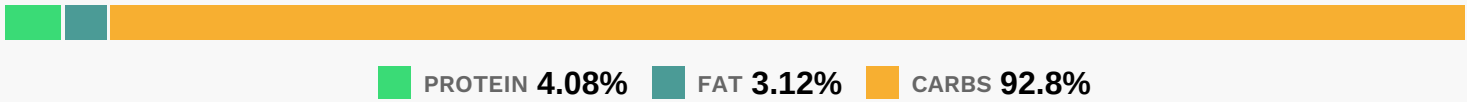
- ☐ food processor

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

Directions

- ☐ In a large saucepan over medium heat, combine the peaches, water, sugar, and lemon juice in a large saucepan. Bring to a boil, lower the heat, and simmer gently for 5 minutes.
- ☐ Let the mixture cool slightly.
- ☐ Carefully pour the peach mixture into the bowl of a food processor and pulse until smooth.
- ☐ Transfer the puree to an airtight container. Cover and refrigerate until chilled thoroughly, at least 4 hours, or until ready to use.
- ☐ Add the Sriracha and process in an ice cream maker according to the manufacturer's instructions. (Some machines might require additional time in the freezer to set.)
- ☐ Serve in bowls.
- ☐ Garnish with sprigs of mint.
- ☐ IN A PINCH
- ☐ Feel free to opt for 2 (16-ounce) bags of frozen, sliced peaches (defrosted and drained) if fresh peaches are not available.
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Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:25.3, Inflammation Score:-6, Nutrition Score:6.2852174354636%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg

Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg, Epigallocatechin 3–gallate: 0.68mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 193.96kcal (9.7%), Fat: 0.72g (1.11%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 48.49g (16.16%), Net Carbohydrates: 44.98g (16.36%), Sugar: 44.18g (49.09%), Cholesterol: 0mg (0%), Sodium: 59.51mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin C: 13.27mg (16.08%), Vitamin A: 783.91IU (15.68%), Fiber: 3.51g (14.03%), Vitamin E: 1.67mg (11.12%), Copper: 0.19mg (9.64%), Vitamin B3: 1.85mg (9.27%), Potassium: 292.05mg (8.34%), Manganese: 0.15mg (7.62%), Selenium: 4.92µg (7.03%), Vitamin K: 6.83µg (6.5%), Phosphorus: 51.34mg (5.13%), Magnesium: 20.04mg (5.01%), Iron: 0.85mg (4.7%), Vitamin B2: 0.08mg (4.69%), Folate: 16.31µg (4.08%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.36mg (3.61%), Vitamin B6: 0.06mg (3.15%), Calcium: 14.06mg (1.41%)