



Pear, Riesling, and Ginger Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



690 kcal

DESSERT

Ingredients

- 3 tablespoons ginger chopped
- 0.5 teaspoon kosher salt
- 1 teaspoons juice of lemon to taste
- 3 pears ripe chopped ()
- 1.5 cups mirin (see note)
- 1 cup sugar

Equipment

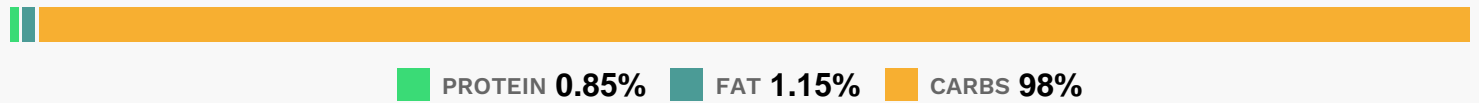
- sauce pan

- sieve
- blender
- ice cream machine

Directions

- In a medium saucepan, combine pears, Riesling, and ginger. Cover and bring to a boil over high heat, then reduce to very low heat and cook, covered, for 20 minutes.
- Carefully transfer pears, wine, and ginger to blender and add sugar. Cover very tightly and purée until smooth, about 30 seconds.
- Pour through a strainer into an airtight container and stir in lemon juice and salt to taste. Cover and refrigerate until very cold, about 4 hours.
- Transfer to an ice cream maker and churn according to manufacturer's instructions.
- Transfer ice cream to airtight container and chill in freezer for at least 4 to 5 hours before serving.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:81.93, Inflammation Score:-6, Nutrition Score:5.9095651274142%

Flavonoids

Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 690.14kcal (34.51%), Fat: 0.78g (1.2%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 148.95g (49.65%), Net Carbohydrates: 140.46g (51.08%), Sugar: 126.07g (140.08%), Cholesterol: 0mg (0%), Sodium: 586.43mg (25.5%), Alcohol: 17.1g (100%), Alcohol %: 3.86% (100%), Protein: 1.29g (2.57%), Fiber: 8.49g (33.98%), Vitamin C: 12.97mg (15.73%), Copper: 0.25mg (12.53%), Vitamin K: 11.76µg (11.2%), Potassium: 357.99mg (10.23%), Manganese: 0.16mg (7.9%), Magnesium: 23.37mg (5.84%), Vitamin B2: 0.09mg (5.43%), Folate: 20.34µg (5.09%), Vitamin B6: 0.1mg (4.77%), Phosphorus: 35.81mg (3.58%), Iron: 0.6mg (3.34%), Calcium: 27.22mg (2.72%), Vitamin B3: 0.51mg (2.55%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.35mg (2.34%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.16mg (1.55%), Selenium: 0.94µg (1.35%), Vitamin A: 66.9IU (1.34%)