



Pear Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



348 kcal

DESSERT

Ingredients

- 2 pounds anjou pears cored ripe peeled chopped
- 2 tablespoons plus light
- 1.5 cups brut sparkling wine divided (see Notes)
- 0.8 cup sugar

Equipment

- frying pan
- blender
- ice cream machine

Directions

- Put pears and 3/4 cup sparkling wine in a medium pan over medium-high heat. Bring to a boil, then lower heat to maintain a steady simmer. Cook, stirring occasionally, until pears are tender, about 10 minutes. Whirl pear mixture and sugar in a blender until smooth. Stir in corn syrup, cover, and chill.
- When mixture is cold, stir in remaining 3/4 cup sparkling wine and freeze in an ice cream maker according to manufacturer's instructions.
- Serve immediately, or transfer to a freezer-safe container, cover, and freeze until ready to serve.

Nutrition Facts

PROTEIN 1.06% **FAT 1.24%** **CARBS 97.7%**

Properties

Glycemic Index:31.46, Glycemic Load:37.87, Inflammation Score:-4, Nutrition Score:5.084782662599%

Flavonoids

Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 348.14kcal (17.41%), Fat: 0.46g (0.71%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 81.31g (27.1%), Net Carbohydrates: 74.28g (27.01%), Sugar: 69g (76.67%), Cholesterol: 0mg (0%), Sodium: 15.66mg (0.68%), Alcohol: 5.66g (100%), Alcohol %: 1.97% (100%), Protein: 0.88g (1.76%), Fiber: 7.03g (28.12%), Vitamin C: 9.75mg (11.82%), Copper: 0.2mg (9.92%), Potassium: 341.82mg (9.77%), Vitamin K: 9.98µg (9.5%), Magnesium: 24.84mg (6.21%), Manganese: 0.11mg (5.52%), Vitamin B2: 0.07mg (4.41%), Iron: 0.78mg (4.34%), Folate: 16.76µg (4.19%), Vitamin B6: 0.08mg (4.17%), Phosphorus: 40.49mg (4.05%), Calcium: 30.18mg (3.02%), Zinc: 0.35mg (2.33%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.25%), Vitamin E: 0.27mg (1.81%), Vitamin A: 56.7IU (1.13%), Vitamin B5: 0.11mg (1.11%), Selenium: 0.71µg (1.01%)