



Pear Sorbet with Spumante



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



240 kcal

DESSERT

Ingredients

- ☐ 2 tablespoon brandy
- ☐ 0.3 cup squeezed lemon juice fresh
- ☐ 3 pound pears such as comice ripe
- ☐ 1.5 cup sugar
- ☐ 0.3 cup water
- ☐ 12 servings spumante as needed

Equipment

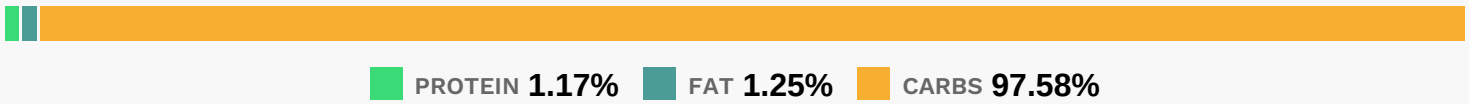
- ☐ food processor

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

Directions

- ☐ Peel the pears, then quarter them lengthwise and remove the core.
- ☐ Cut into large chunks and add them along with the water to a large sauce pan. Bring to a simmer over moderate heat; cook until tender, about 10 minutes.
- ☐ Let the pears cool some then transfer them to a food processor and puree until smooth.
- ☐ Add the sugar, lemon juice and brandy and puree until well-combined and the sugar completely dissolved.
- ☐ Transfer to a bowl and refrigerate until well-chilled. Freeze the puree in an ice cream maker according to manufacturers directions. The alcohol will keep the mixture from completely freezing hard. Scrape the mixture into a shallow bowl or tray. Cover and freeze at least 30 minutes, preferably overnight. To serve: Scoop the sorbet into stemmed glasses. Top each portion with spumante or sparkling wine to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:22.5, Inflammation Score:-5, Nutrition Score:3.2886956334114%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 240.3kcal (12.02%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 40.69g (14.8%), Sugar: 37.84g (42.04%), Cholesterol: 0mg (0%), Sodium: 12.07mg (0.52%), Alcohol: 10.31g (100%), Alcohol %: 4.37% (100%), Protein: 0.53g (1.06%), Fiber: 3.53g (14.12%), Vitamin C: 6.84mg (8.29%), Potassium: 267.57mg (7.64%), Magnesium: 23.09mg (5.77%), Copper: 0.11mg (5.66%), Vitamin K: 4.99µg (4.75%), Iron: 0.81mg (4.52%), Phosphorus: 36.31mg (3.63%), Vitamin B6: 0.06mg (3.24%), Vitamin B2: 0.05mg (2.94%), Manganese: 0.06mg (2.82%), Folate: 10.43µg (2.61%), Calcium: 24.23mg (2.42%), Vitamin B3: 0.34mg (1.68%), Zinc: 0.24mg (1.59%)