



Pickled Blueberry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1440 min.

SERVINGS



2

CALORIES



811 kcal

DESSERT

Ingredients

- 2 allspice
- 0.8 cup apple cider vinegar
- 10 peppercorns black
- 1 quart blueberries
- 2 cardamom pods crushed
- 1 cinnamon sticks
- 0.3 teaspoon fennel seeds
- 0.5 cup maple syrup

- 2 star anise
- 0.8 cup sugar
- 1.8 cup water divided

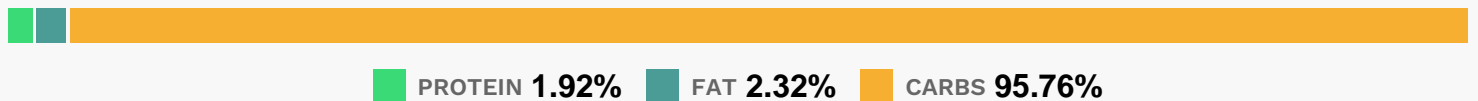
Equipment

- sauce pan
- sieve
- ice cream machine

Directions

- Place vinegar, 1/4 cup water and spices in a medium saucepan and bring to a simmer over medium heat for 5 minutes.
- Add berries and simmer another 5 minutes.
- Remove from heat and allow to cool to room temperature.
- Add sugar and maple syrup and bring up to a boil, then allow to cook and reduce slightly for 10–15 minutes. Allow to cool to room temperature, then chill for 1–2 days.
- Strain mixture through a fine mesh strainer and stir in between 1 1/4 and 1 1/2 cup cold water, to taste, then process in an ice cream machine according to manufacturer's instructions. Allow to firm up in freezer for at least 2 hours before scooping.

Nutrition Facts



Properties

Glycemic Index:124.3, Glycemic Load:95.54, Inflammation Score:-9, Nutrition Score:23.907825858697%

Flavonoids

Cyanidin: 40.03mg, Cyanidin: 40.03mg, Cyanidin: 40.03mg, Cyanidin: 40.03mg Petunidin: 149.19mg, Petunidin: 149.19mg, Petunidin: 149.19mg, Petunidin: 149.19mg Delphinidin: 167.65mg, Delphinidin: 167.65mg, Delphinidin: 167.65mg, Delphinidin: 167.65mg Malvidin: 319.82mg, Malvidin: 319.82mg, Malvidin: 319.82mg, Malvidin: 319.82mg Peonidin: 96.01mg, Peonidin: 96.01mg, Peonidin: 96.01mg, Peonidin: 96.01mg Catechin: 25.03mg, Catechin: 25.03mg, Catechin: 25.03mg, Catechin: 25.03mg Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg, Epigallocatechin: 3.12mg Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg

Epicatechin: 2.93mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg, Kaempferol: 7.85mg Myricetin: 6.15mg, Myricetin: 6.15mg, Myricetin: 6.15mg, Myricetin: 6.15mg Quercetin: 36.29mg, Quercetin: 36.29mg, Quercetin: 36.29mg, Quercetin: 36.29mg Gallocatechin: 0.57mg, Gallocatechin: 0.57mg, Gallocatechin: 0.57mg, Gallocatechin: 0.57mg

Nutrients (% of daily need)

Calories: 810.92kcal (40.55%), Fat: 2.18g (3.35%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 202.19g (67.4%), Net Carbohydrates: 188.95g (68.71%), Sugar: 170.61g (189.57%), Cholesterol: 0mg (0%), Sodium: 28.65mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 4.64mg (231.96%), Vitamin K: 92.69µg (88.27%), Vitamin B2: 1.24mg (72.92%), Vitamin C: 46.69mg (56.59%), Fiber: 13.24g (52.96%), Potassium: 668.65mg (19.1%), Vitamin E: 2.74mg (18.29%), Copper: 0.35mg (17.39%), Calcium: 166.89mg (16.69%), Vitamin B1: 0.24mg (15.84%), Magnesium: 61.13mg (15.28%), Iron: 2.53mg (14.04%), Vitamin B6: 0.26mg (13.14%), Zinc: 1.64mg (10.9%), Vitamin B3: 2.14mg (10.71%), Phosphorus: 75.15mg (7.52%), Folate: 28.72µg (7.18%), Vitamin B5: 0.61mg (6.08%), Vitamin A: 267.4IU (5.35%), Selenium: 1.14µg (1.63%)