



Pineapple Anise Sherbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



360 min.

SERVINGS



4

CALORIES



555 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons aniseed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon pernod
- ☐ 4 lb pineapple cored trimmed peeled halved lengthwise (labeled "extra sweet")
- ☐ 1.7 cups sugar
- ☐ 2 cups water

Equipment

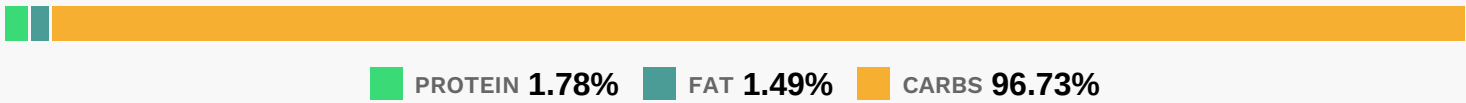
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Bring water, sugar, and anise seeds to a boil in a 2 1/2- to 3-quart heavy saucepan, stirring until sugar is dissolved, then reduce heat and simmer, uncovered, 5 minutes.
- ☐ Remove pan from heat and stir in Pernod (if using). Cool syrup to room temperature, about 1 hour, then pour through a fine-mesh sieve into a bowl.
- ☐ While syrup cools, cut enough pineapple into 1-inch chunks to measure 5 1/4 cups (reserve remainder for another use), then purée pineapple in 3 batches in a blender at high speed until very smooth, about 1 minute per batch. Stir purée and lemon juice into cooled syrup until combined well, then chill, covered, until very cold, about 4 hours.
- ☐ Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden, at least 1 hour.
- ☐ Sherbet can be made 3 days ahead.
- ☐ Let soften slightly before serving.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:89.33, Inflammation Score:-8, Nutrition Score:18.202173984569%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 555.11kcal (27.76%), Fat: 0.98g (1.51%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 143.18g (47.73%), Net Carbohydrates: 136.67g (49.7%), Sugar: 127.94g (142.16%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 0.47g (100%), Alcohol %: 0.09% (100%), Protein: 2.64g (5.28%), Vitamin C: 218.48mg (264.82%), Manganese: 4.23mg (211.59%), Copper: 0.53mg (26.68%), Fiber: 6.51g (26.03%), Vitamin B6: 0.52mg (25.81%), Vitamin B1: 0.36mg (24.18%), Folate: 82.5µg (20.62%), Potassium: 514.38mg (14.7%), Magnesium: 57.54mg (14.38%), Vitamin B3: 2.3mg (11.51%), Vitamin B5: 0.98mg (9.79%), Vitamin B2: 0.16mg (9.68%), Iron: 1.73mg (9.61%), Calcium: 70.03mg (7%), Vitamin A: 266.42IU (5.33%), Zinc: 0.62mg (4.13%), Phosphorus: 41.04mg (4.1%), Vitamin K: 3.18µg (3.02%), Selenium: 1.01µg (1.44%)