



Pineapple-Mint Sangria Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



420 min.

SERVINGS



6

CALORIES



303 kcal

DESSERT

Ingredients

- 750 ml wine dry white
- 0.5 cup mint leaves fresh
- 3 tablespoons juice of lemon fresh
- 4 cups pineapple cubed
- 1 cup sugar
- 2 tablespoons tequila
- 1 cup water boiling

Equipment

- bowl
- sieve
- blender

Directions

- Combine sugar, 1 cup boiling water, and mint, stirring until sugar dissolves.
- Let stand 30 minutes. Strain mixture through a fine sieve into a large freezer-safe container; discard mint. Stir in pineapple and next 3 ingredients (through wine). Refrigerate 45 minutes.
- Place mixture in freezer for 4 hours or until almost solid.
- Place half of pineapple mixture in blender; process until smooth. Spoon sorbet into a freezer-safe container. Repeat procedure with remaining pineapple mixture; cover and freeze 2 hours or until firm. Spoon 3/4 cup sorbet into each of 6 bowls; garnish with mint sprigs, if desired.

Nutrition Facts

PROTEIN 1.59% **FAT 1.23%** **CARBS 97.18%**

Properties

Glycemic Index:26.46, Glycemic Load:31.32, Inflammation Score:-6, Nutrition Score:9.291738887196%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 303.14kcal (15.16%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 51.98g (17.33%), Net Carbohydrates: 50.12g (18.23%), Sugar: 45.51g (50.56%), Cholesterol: 0mg (0%), Sodium: 11.03mg (0.48%), Alcohol: 14.73g (100%), Alcohol %: 5.73% (100%), Protein: 0.85g (1.7%), Vitamin C: 56.67mg (68.7%), Manganese: 1.22mg (60.76%), Vitamin B6: 0.19mg (9.75%), Copper: 0.15mg (7.47%), Fiber: 1.86g (7.45%), Magnesium: 29.72mg (7.43%), Potassium: 239.76mg (6.85%), Folate: 26.84µg (6.71%), Vitamin B1: 0.1mg (6.56%), Iron: 0.88mg (4.87%), Vitamin A: 223.55IU (4.47%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.76mg (3.79%), Calcium: 36.79mg (3.68%),

Phosphorus: 35.16mg (3.52%), Vitamin B5: 0.31mg (3.14%), Zinc: 0.34mg (2.26%), Vitamin K: 1.28µg (1.22%)