



Pink Grapefruit Sorbet



Vegetarian



Vegan



Gluten Free

READY IN



200 min.

SERVINGS



2

CALORIES



677 kcal

DESSERT

Ingredients

- ☐ 2.5 cups strained pink grapefruit juice fresh
- ☐ 1 teaspoons grenadine syrup
- ☐ 4 tablespoons strained lemon juice fresh
- ☐ 2 teaspoons pernod
- ☐ 1.3 cups sugar
- ☐ 1.3 cups water

Equipment

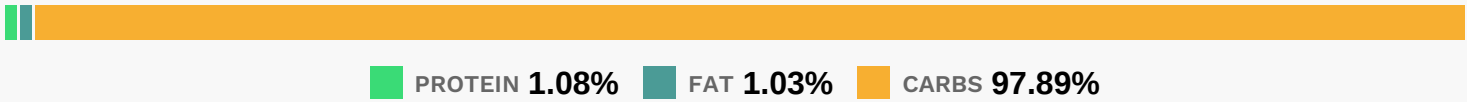
- ☐ sauce pan

☐ ice cream machine

Directions

- ☐ Combine the water and sugar in a small saucepan and bring it to a simmer over a medium flame. Stir until all the sugar is dissolved. Allow the syrup to cool, then chill it for at least 1 hour.
- ☐ Combine the syrup with the grapefruit juice, 1 teaspoon of grenadine, 4 tablespoons of lemon juice, and the Pernod. Taste. Now add more lemon juice if neededthis will depend on the acidity of all the fruit. Remember, this sorbet should not be too sweet.
- ☐ Add more grenadine if you want it to be pinker.
- ☐ Chill the mixture for 2 hours, then freeze it in an ice cream maker, according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:109.05, Glycemic Load:110.66, Inflammation Score:-4, Nutrition Score:6.9060869605645%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 676.82kcal (33.84%), Fat: 0.79g (1.22%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 169.62g (56.54%), Net Carbohydrates: 169.24g (61.54%), Sugar: 167.67g (186.3%), Cholesterol: 0mg (0%), Sodium: 16.28mg (0.71%), Alcohol: 1.89g (100%), Alcohol %: 0.38% (100%), Protein: 1.88g (3.75%), Vitamin C: 90.96mg (110.26%), Potassium: 512.41mg (14.64%), Magnesium: 33mg (8.25%), Iron: 1.27mg (7.08%), Vitamin B3: 0.91mg (4.56%), Phosphorus: 35.17mg (3.52%), Vitamin B5: 0.33mg (3.34%), Calcium: 31.65mg (3.16%), Folate: 11.9µg (2.97%), Zinc: 0.34mg (2.3%), Copper: 0.04mg (2.06%), Vitamin B2: 0.03mg (1.78%), Fiber: 0.38g (1.54%), Selenium: 0.85µg (1.21%)