



Plum and Red-Wine Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



2

CALORIES



915 kcal

DESSERT

Ingredients

- ☐ 8 peppercorns black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.8 cup wine dry red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 inch lemon zest (with a vegetable peeler)
- ☐ 1 pound prune- cut to pieces black red pitted ripe halved lengthwise
- ☐ 0.8 cup sugar
- ☐ 0.8 cup water

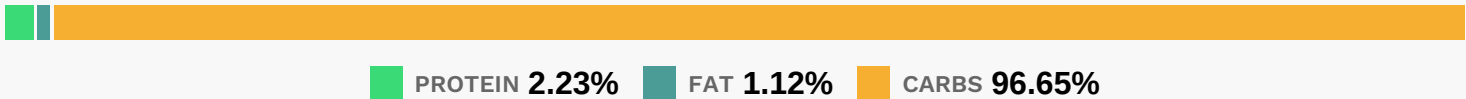
Equipment

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

Directions

- ☐ Stir together all ingredients and a pinch of salt in a heavy medium saucepan and cook, covered, over medium heat, stirring occasionally, until plums fall apart, about 25 minutes. Discard cinnamon stick and zest. Purée in batches in a blender until very smooth (use caution when blending hot liquids). Force purée through a fine-mesh sieve into a bowl, discarding solids. Cool, uncovered, then chill, covered, until cold, at least 2 hours.
- ☐ Freeze purée in ice cream maker, then transfer sorbet to an airtight container and put in freezer to harden, at least 1 hour.
- ☐ · Plum purée can be chilled up to 1 day.· Sorbet keeps, frozen, 1 week.

Nutrition Facts



Properties

Glycemic Index:68.05, Glycemic Load:89.79, Inflammation Score:-9, Nutrition Score:22.519999991873%

Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg, Peonidin: 1.66mg Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg, Catechin: 6.93mg Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg, Epicatechin: 9.59mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg
Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 914.83kcal (45.74%), Fat: 1.15g (1.77%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 224.21g (74.74%), Net Carbohydrates: 206.8g (75.2%), Sugar: 161.47g (179.41%), Cholesterol: 0mg (0%), Sodium: 10.15mg (0.44%), Alcohol: 9.45g (100%), Alcohol %: 2.46% (100%), Protein: 5.17g (10.33%), Vitamin K: 136.14µg (129.66%), Fiber: 17.41g (69.64%), Manganese: 1.04mg (51.9%), Potassium: 1681.15mg (48.03%), Vitamin A: 1780.05IU (35.6%), Copper: 0.67mg (33.54%), Vitamin B2: 0.44mg (25.88%), Magnesium: 96.14mg (24.03%), Vitamin B6: 0.47mg (23.72%), Vitamin B3: 4.3mg (21.52%), Phosphorus: 158.75mg (15.87%), Iron: 2.35mg (13.07%), Calcium: 123.79mg (12.38%), Vitamin B5: 0.98mg (9.8%), Vitamin B1: 0.12mg (7.91%), Zinc: 1.06mg (7.06%), Vitamin C: 5.67mg (6.87%), Vitamin E: 1.03mg (6.87%), Folate: 10.07µg (2.52%), Selenium: 1.22µg (1.75%)