

Plum Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



2

CALORIES



654 kcal

DESSERT

Ingredients

- 1 tablespoon plus light
- 0.3 teaspoon kosher salt
- 2 servings juice of lemon to taste
- 2.3 pounds plums whole pitted quartered (4 cups)
- 1 cup sugar

Equipment

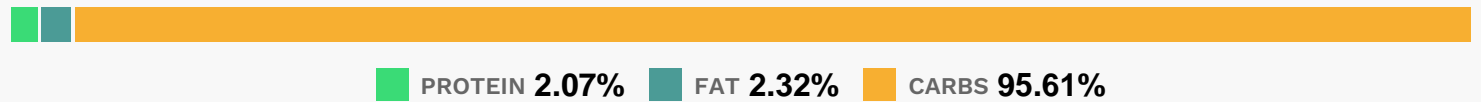
- food processor
- blender

ice cream machine

Directions

- Purée plums in a blender or food processor until smooth. 2 pounds pitted plums should yield 1 quart of purée.
- Add sugar and corn syrup and blend for 30 seconds.
- Add salt, blend to incorporate, and adjust to taste. If plums are very sweet, add lemon juice to taste, starting with 1/4 teaspoon.
- Strain purée and transfer to refrigerator; chill for 2 to 3 hours until very cold. Churn sorbet in ice cream maker according to manufacturer's instructions.
- Transfer sorbet to freezer to firm up for 2 to 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:91.15, Inflammation Score:-9, Nutrition Score:13.248261016348%

Flavonoids

Cyanidin: 28.73mg, Cyanidin: 28.73mg, Cyanidin: 28.73mg, Cyanidin: 28.73mg Peonidin: 1.58mg, Peonidin: 1.58mg, Peonidin: 1.58mg, Peonidin: 1.58mg Catechin: 14.75mg, Catechin: 14.75mg, Catechin: 14.75mg, Catechin: 14.75mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 16.33mg, Epicatechin: 16.33mg, Epicatechin: 16.33mg, Epicatechin: 16.33mg Epicatechin 3-gallate: 3.88mg, Epicatechin 3-gallate: 3.88mg, Epicatechin 3-gallate: 3.88mg, Epicatechin 3-gallate: 3.88mg Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg, Epigallocatechin 3-gallate: 2.04mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg Gallocatechin: 0.46mg, Gallocatechin: 0.46mg, Gallocatechin: 0.46mg, Gallocatechin: 0.46mg

Nutrients (% of daily need)

Calories: 654.16kcal (32.71%), Fat: 1.81g (2.78%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 167.26g (55.75%), Net Carbohydrates: 160.07g (58.21%), Sugar: 159.25g (176.94%), Cholesterol: 0mg (0%), Sodium: 298.65mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin C: 54.28mg (65.8%), Vitamin A: 1761.41IU (35.23%), Vitamin K: 32.66µg (31.1%), Fiber: 7.19g (28.76%), Potassium: 818.78mg (23.39%), Copper: 0.3mg (15.02%), Manganese: 0.27mg (13.6%), Vitamin B3: 2.14mg (10.71%), Vitamin B1: 0.15mg (10.2%), Magnesium:

36.74mg (9.18%), Vitamin B2: 0.15mg (9.05%), Vitamin E: 1.35mg (9%), Phosphorus: 82.85mg (8.28%), Vitamin B6: 0.15mg (7.74%), Folate: 28.51µg (7.13%), Vitamin B5: 0.71mg (7.09%), Iron: 0.93mg (5.18%), Zinc: 0.58mg (3.85%), Calcium: 34.13mg (3.41%)