

Plum Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



215 kcal

DESSERT

Ingredients

- ☐ 2.5 cups plums sliced
- ☐ 0.3 cup tablespoons of sugar
- ☐ 1 teaspoon juice of lemon
- ☐ 1 pinch salt
- ☐ 1 tablespoon grand marnier

Equipment

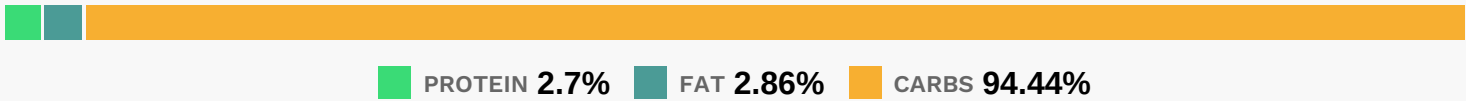
- ☐ sieve
- ☐ blender

☐ ice cream machine

Directions

- ☐ Blend plums, sugar, lemon juice, salt:
- ☐ Place the sliced plums, sugar, lemon juice, and salt in a blender and purée until very smooth.
- ☐ Strain out solids: Push the plum puree through a fine mesh sieve to catch and large pieces of skin and discard them.
- ☐ Churn in ice cream maker:
- ☐ Mix the Grand Marnier to the purée just before churning.
- ☐ Place the purée in an ice cream machine and churn according to instructions, for approximately 25 minutes.
- ☐ Serve immediately or place in an air tight container and put in the freezer for two hours to firm up.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:25.43, Inflammation Score:-6, Nutrition Score:5.2334781781487%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg, Peonidin: 0.64mg Catechin: 5.96mg, Catechin: 5.96mg, Catechin: 5.96mg, Catechin: 5.96mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Epicatechin 3-gallate: 1.57mg, Epicatechin 3-gallate: 1.57mg, Epicatechin 3-gallate: 1.57mg, Epicatechin 3-gallate: 1.57mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg 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 Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 214.77kcal (10.74%), Fat: 0.69g (1.06%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 51g (17%), Net Carbohydrates: 48.1g (17.49%), Sugar: 47.89g (53.21%), Cholesterol: 0mg (0%), Sodium: 20.25mg (0.88%), Alcohol:

1.95g (100%), Alcohol %: 1.02% (100%), Protein: 1.46g (2.92%), Vitamin C: 20.56mg (24.92%), Vitamin A: 711.71IU (14.23%), Vitamin K: 13.2µg (12.57%), Fiber: 2.89g (11.58%), Potassium: 329.14mg (9.4%), Copper: 0.12mg (6.14%), Manganese: 0.11mg (5.49%), Vitamin B3: 0.87mg (4.37%), Vitamin B1: 0.06mg (3.91%), Magnesium: 14.81mg (3.7%), Vitamin E: 0.54mg (3.6%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 33.65mg (3.37%), Vitamin B6: 0.06mg (3.05%), Vitamin B5: 0.28mg (2.82%), Folate: 10.81µg (2.7%), Iron: 0.37mg (2.05%), Zinc: 0.21mg (1.42%), Calcium: 12.86mg (1.29%)