



Raspberry-Campari Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



180 min.

SERVINGS



2

CALORIES



521 kcal

DESSERT

Ingredients

- 3 tablespoons campari
- 0.3 teaspoon kosher salt
- 0.5 teaspoon juice of lemon to taste
- 0.5 teaspoon orange zest freshly grated
- 5.5 cups raspberries rinsed
- 0.8 cup sugar
- 0.3 cup water

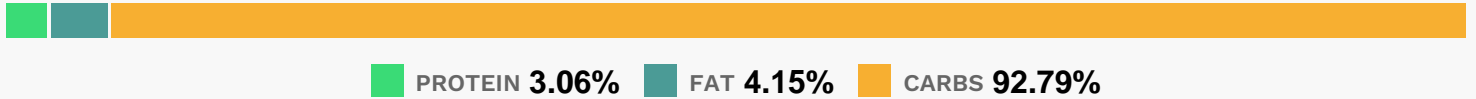
Equipment

- mixing bowl
- sieve
- blender
- measuring cup
- ice cream machine

Directions

- In a blender combine raspberries, sugar, water and Campari. Blend on medium until raspberries are completely pureed, 30 seconds to 1 minute.
- Pour through a fine mesh strainer into a measuring cup, pressing on strainer with a spoon to separate juice from seeds. Measure out 3 cups of puree and discard remainder.
- Transfer puree to a mixing bowl and stir in orange zest, then add salt, followed by lemon to taste. Cover mixture and chill in refrigerator until very cold, about 2 hours, and churn in ice cream maker according to manufacturer's instructions.
- Transfer sorbet to an airtight container and chill in freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:48.05, Glycemic Load:56.99, Inflammation Score:-7, Nutrition Score:21.06956518733%

Flavonoids

Cyanidin: 151.04mg, Cyanidin: 151.04mg, Cyanidin: 151.04mg, Cyanidin: 151.04mg Petunidin: 1.02mg, Petunidin: 1.02mg, Petunidin: 1.02mg, Petunidin: 1.02mg Delphinidin: 4.36mg, Delphinidin: 4.36mg, Delphinidin: 4.36mg, Delphinidin: 4.36mg Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg Pelargonidin: 3.23mg, Pelargonidin: 3.23mg, Pelargonidin: 3.23mg, Pelargonidin: 3.23mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg, Epigallocatechin: 1.52mg Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg, Epicatechin: 11.62mg Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg, Epigallocatechin 3-gallate: 1.78mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 521.18kcal (26.06%), Fat: 2.39g (3.68%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 120.26g (40.09%), Net Carbohydrates: 98.75g (35.91%), Sugar: 89.47g (99.41%), Cholesterol: 0mg (0%), Sodium: 296.24mg (12.88%), Alcohol: 5.1g (100%), Alcohol %: 1.41% (100%), Protein: 3.97g (7.94%), Manganese: 2.21mg (110.75%), Vitamin C: 87.62mg (106.21%), Fiber: 21.51g (86.03%), Vitamin K: 25.74µg (24.51%), Vitamin E: 2.87mg (19.16%), Magnesium: 73.09mg (18.27%), Folate: 69.7µg (17.43%), Copper: 0.31mg (15.39%), Potassium: 502.21mg (14.35%), Iron: 2.32mg (12.9%), Vitamin B5: 1.09mg (10.9%), Vitamin B3: 1.98mg (9.9%), Phosphorus: 95.9mg (9.59%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.18mg (9.15%), Calcium: 85.2mg (8.52%), Vitamin B2: 0.14mg (8.25%), Vitamin B1: 0.11mg (7.1%), Vitamin A: 111.07IU (2.22%), Selenium: 1.12µg (1.6%)