



Red Wine-Raspberry Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



802 kcal

DESSERT

Ingredients

- ☐ 3 cups raspberries (15 ounces/400 g)
- ☐ 750 ml red wine fruity such as merlot, zinfandel, or beaujolais
- ☐ 200 g sugar
- ☐ 180 ml water

Equipment

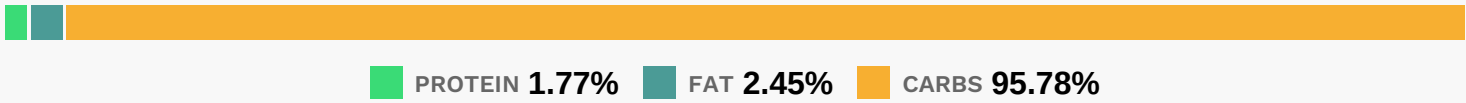
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a medium saucepan, bring the sugar, water, and red wine to a boil and let boil for 1 minute, stirring to dissolve the sugar.
- ☐ Remove from the heat and add the raspberries. Cover and let steep for 1 hour. To purée the berries and remove the seeds, using a rubber spatula, press the mixture through a mesh strainer set over a medium bowl or pass it through a food mill fitted with a fine disk into a medium bowl. Cover and refrigerate until thoroughly chilled. Freeze in an ice cream machine according to the manufacturer's instructions.
- ☐ Variation: For a lighter-tasting sorbet, use rosé in place of the red wine.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:55.55, Glycemic Load:73.83, Inflammation Score:-9, Nutrition Score:16.549565185671%

Flavonoids

Cyanidin: 83.11mg, Cyanidin: 83.11mg, Cyanidin: 83.11mg, Cyanidin: 83.11mg Petunidin: 8.09mg, Petunidin: 8.09mg, Petunidin: 8.09mg, Petunidin: 8.09mg Delphinidin: 10.02mg, Delphinidin: 10.02mg, Delphinidin: 10.02mg, Delphinidin: 10.02mg Malvidin: 52.88mg, Malvidin: 52.88mg, Malvidin: 52.88mg, Malvidin: 52.88mg Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg, Pelargonidin: 1.76mg Peonidin: 4.97mg, Peonidin: 4.97mg, Peonidin: 4.97mg, Peonidin: 4.97mg Catechin: 29.52mg, Catechin: 29.52mg, Catechin: 29.52mg, Catechin: 29.52mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 20.75mg, Epicatechin: 20.75mg, Epicatechin: 20.75mg, Epicatechin: 20.75mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg, Naringenin: 6.73mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.45mg,

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg, Myricetin: 1.6mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg

Nutrients (% of daily need)

Calories: 801.95kcal (40.1%), Fat: 1.49g (2.29%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 130.95g (43.65%), Net Carbohydrates: 119.25g (43.36%), Sugar: 110.11g (122.35%), Cholesterol: 0mg (0%), Sodium: 22.52mg (0.98%), Alcohol: 40.32g (100%), Alcohol %: 6.81% (100%), Protein: 2.43g (4.85%), Manganese: 1.71mg (85.61%), Vitamin C: 47.16mg (57.16%), Fiber: 11.7g (46.8%), Potassium: 756.92mg (21.63%), Magnesium: 86.15mg (21.54%), Iron: 3.04mg (16.9%), Vitamin B6: 0.32mg (15.79%), Vitamin K: 15.56µg (14.82%), Phosphorus: 139.69mg (13.97%), Vitamin B2: 0.21mg (12.08%), Copper: 0.23mg (11.26%), Vitamin E: 1.57mg (10.44%), Folate: 41.6µg (10.4%), Vitamin B3: 1.93mg (9.64%), Zinc: 1.31mg (8.72%), Calcium: 79.13mg (7.91%), Vitamin B5: 0.71mg (7.06%), Vitamin B1: 0.08mg (5.11%), Selenium: 1.72µg (2.46%), Vitamin A: 67.01IU (1.34%)