



Rhubarb Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



180 min.

SERVINGS



2

CALORIES



752 kcal

DESSERT

Ingredients

- ☐ 3.5 cups rhubarb stalks fresh chopped (4–5 stalks, do not use the poisonous leaves!)
- ☐ 2.5 cups water
- ☐ 1.7 cups granulated sugar white
- ☐ 2 teaspoons orange zest
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 Tbsp plus

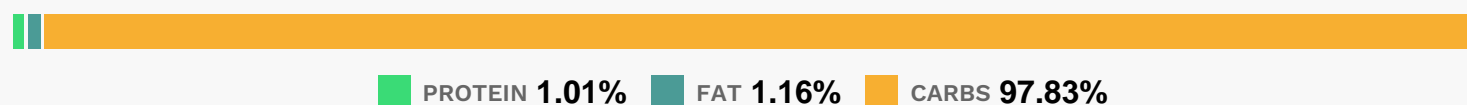
Equipment

- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ popsicle molds
- ☐ ice cream machine
- ☐ immersion blender

Directions

- ☐ Cook the rhubarb in water with sugar, zest, ginger, salt:
- ☐ Put the chopped rhubarb, water, sugar, orange zest, ginger, and salt into a 3 to 4-quart pot.
- ☐ Heat on high heat to bring to a boil.
- ☐ Lower the heat to low to simmer, covered, for 5 minutes, or until the sugar has dissolved and the rhubarb is falling apart tender.
- ☐ Remove from heat and let cool for 10 minutes. Either use an immersion blender or work in batches with a standing blender to purée the mixture until smooth. Press the mixture through a fine mesh sieve to remove any of the stringy pulp.
- ☐ Stir in the corn syrup.
- ☐ Chill: Cover and refrigerate until totally chilled, several hours or overnight. (Can more quickly chill in the freezer if you check it and stir it every 15 minutes.)
- ☐ Process in ice cream maker: Process in your ice cream maker according to the manufacturer's instructions.
- ☐ Note that right out of the ice cream maker the sorbet will have a soft consistency. If you would like it to be firmer, put it in a covered container and freeze it for a few hours.
- ☐ Once frozen, you may need to let it sit for a few minutes at room temperature to soften before serving.
- ☐ Alternatively, pour into popsicle molds and freeze for rhubarb popsicles!

Nutrition Facts



Properties

Glycemic Index:58.55, Glycemic Load:120.37, Inflammation Score:-3, Nutrition Score:9.4295653674913%

Flavonoids

Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 1.28mg, Epicatechin 3-gallate: 1.28mg, Epicatechin 3-gallate: 1.28mg, Epicatechin 3-gallate: 1.28mg

Nutrients (% of daily need)

Calories: 752.3kcal (37.62%), Fat: 1.02g (1.57%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 193.44g (64.48%), Net Carbohydrates: 189.35g (68.85%), Sugar: 185.61g (206.24%), Cholesterol: 0mg (0%), Sodium: 329.64mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin K: 62.56µg (59.58%), Vitamin C: 19.9mg (24.12%), Manganese: 0.43mg (21.52%), Calcium: 200.73mg (20.07%), Potassium: 631.03mg (18.03%), Fiber: 4.09g (16.38%), Magnesium: 30.1mg (7.53%), Vitamin B2: 0.1mg (5.78%), Copper: 0.11mg (5.52%), Selenium: 3.54µg (5.05%), Vitamin A: 226.17IU (4.52%), Folate: 15.77µg (3.94%), Vitamin E: 0.59mg (3.91%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.67mg (3.37%), Iron: 0.58mg (3.24%), Phosphorus: 30.99mg (3.1%), Vitamin B6: 0.06mg (2.9%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.2mg (1.95%)