



Roasted Apricot Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



82 min.

SERVINGS



3

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 3 servings garnish: almonds toasted sliced
- ☐ 1.8 pounds firm-ripe apricots (7 large)
- ☐ 0.3 cup apricots dried chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 0.5 cup water

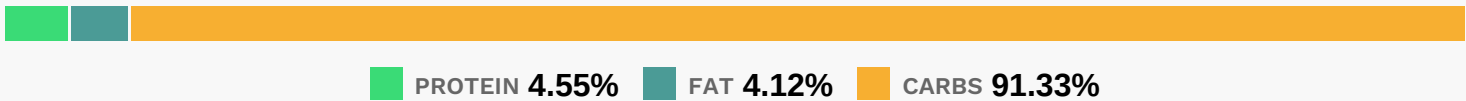
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ ice cream machine

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Bring sugar, water, and dried apricots to a boil in a 3–quart heavy saucepan over moderate heat, stirring, until sugar is dissolved.
- ☐ Remove from heat and let stand until apricots are softened, about 1 hour.
- ☐ While dried apricots are standing, roast whole fresh apricots in a small roasting pan in middle of oven until soft, about 1 hour. Cool in pan, and pit when cool enough to handle.
- ☐ Puree dried apricot mixture, roasted apricots, lemon juice, and almond extract in a blender until very smooth, 1 1/2 to 2 minutes. Force puree through a fine sieve into a bowl, pressing hard on solids and then discarding them. Chill puree, covered, until cold, at least 2 hours.
- ☐ Freeze in ice cream maker, then transfer to an airtight container, and put in freezer to harden.
- ☐ Cook's note: Puree can be chilled up to 8 hours. Sorbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:51.72, Glycemic Load:47.61, Inflammation Score:-10, Nutrition Score:14.213043446126%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg,

Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 362.79kcal (18.14%), Fat: 1.79g (2.75%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 89.14g (29.71%), Net Carbohydrates: 82.64g (30.05%), Sugar: 82.38g (91.53%), Cholesterol: 0mg (0%), Sodium: 6.69mg (0.29%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 4.44g (8.88%), Vitamin A: 5617.3IU (112.35%), Vitamin C: 30.47mg (36.94%), Fiber: 6.5g (26.01%), Potassium: 871.73mg (24.91%), Vitamin E: 3.25mg (21.68%), Copper: 0.28mg (13.89%), Manganese: 0.26mg (13.21%), Vitamin B3: 2.01mg (10.04%), Vitamin K: 9.18µg (8.74%), Magnesium: 34.8mg (8.7%), Vitamin B6: 0.17mg (8.48%), Iron: 1.49mg (8.26%), Vitamin B2: 0.14mg (8.18%), Phosphorus: 76.73mg (7.67%), Vitamin B5: 0.73mg (7.27%), Folate: 27.7µg (6.92%), Vitamin B1: 0.09mg (5.73%), Calcium: 47.33mg (4.73%), Zinc: 0.63mg (4.21%), Selenium: 0.93µg (1.33%)