



Roasted Apricot Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



3

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1.3 lb apricots (7 large)
- ☐ 0.3 cup apricot dried chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 0.5 cup water

Equipment

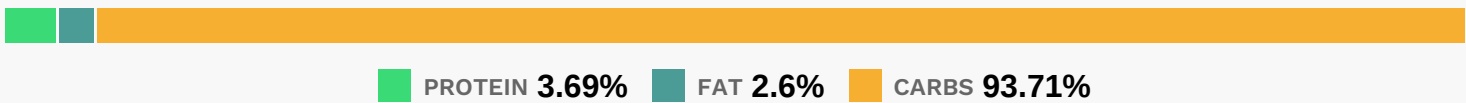
- ☐ bowl

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

Directions

- ☐ Preheat oven to 350°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, then peel and pit when cool enough to handle.
- ☐ Purée dried apricot mixture, roasted apricots, lemon juice, and almond extract in a blender until very smooth, 1 1/2 to 2 minutes. Force purée through a fine sieve into a bowl, pressing hard on solids and then discarding them. Chill purée, covered, until cold, at least 2 hours.
- ☐ Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ · Purée can be chilled up to 8 hours.·Sorbet keeps 1 week.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:44.74, Inflammation Score:-10, Nutrition Score:10.909130536992%

Flavonoids

Catechin: 6.94mg, Catechin: 6.94mg, Catechin: 6.94mg, Catechin: 6.94mg Epicatechin: 8.96mg, Epicatechin: 8.96mg, Epicatechin: 8.96mg, Epicatechin: 8.96mg 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 Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 320.71kcal (16.04%), Fat: 0.99g (1.53%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 80.53g (26.84%), Net Carbohydrates: 75.67g (27.52%), Sugar: 75.35g (83.72%), Cholesterol: 0mg (0%), Sodium: 5.92mg (0.26%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 3.17g (6.34%), Vitamin A: 4161.26IU (83.23%), Vitamin C: 22.91mg (27.77%), Fiber: 4.86g (19.46%), Potassium: 668.6mg (19.1%), Vitamin E: 2.32mg (15.48%), Copper: 0.21mg (10.42%), Manganese: 0.18mg (9.15%), Vitamin B3: 1.52mg (7.59%), Iron: 1.15mg (6.41%), Vitamin B6: 0.13mg (6.37%), Vitamin K: 6.68µg (6.37%), Magnesium: 24.54mg (6.13%), Vitamin B2: 0.1mg (5.73%), Phosphorus: 54.53mg (5.45%), Vitamin B5: 0.54mg (5.41%), Folate: 20.45µg (5.11%), Vitamin B1: 0.06mg (4.09%), Calcium: 34.82mg (3.48%), Zinc: 0.45mg (2.99%), Selenium: 0.82µg (1.17%)