



Root Beer Sherbet

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1178 kcal

DESSERT

Ingredients

- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 cups root beer chilled (see note)
- ☐ 0.5 cup sugar
- ☐ 1 cup plus (clear)
- ☐ 0.3 teaspoon vanilla extract

Equipment

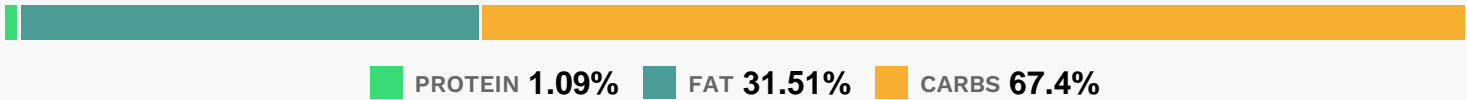
- ☐ bowl

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, whisk together root beer, cream, corn syrup, sugar, and vanilla until very well combined.
- ☐ Whisk in salt to taste. The root beer bubbles may form a fizzy raft in the bowl when combined with the cream; this is fine, and churning will fully incorporate it into the base.
- ☐ If root beer and cream were not chilled, refrigerate mixture for 2 to 3 hours until very cold. Churn mixture according to manufacturer's instructions.
- ☐ Transfer sherbet to container and chill in freezer for at least 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:59.78, Inflammation Score:-7, Nutrition Score:5.951739223107%

Nutrients (% of daily need)

Calories: 1177.81kcal (58.89%), Fat: 43.46g (66.86%), Saturated Fat: 27.37g (171.06%), Carbohydrates: 209.2g (69.73%), Net Carbohydrates: 209.2g (76.07%), Sugar: 209.4g (232.66%), Cholesterol: 134.47mg (44.82%), Sodium: 1041.12mg (45.27%), Alcohol: 0.17g (100%), Alcohol %: 0.04% (100%), Protein: 3.38g (6.76%), Vitamin A: 1749.3IU (34.99%), Vitamin B2: 0.23mg (13.75%), Vitamin D: 1.9µg (12.69%), Calcium: 113.6mg (11.36%), Vitamin B1: 0.12mg (8.3%), Zinc: 1.21mg (8.06%), Selenium: 5.3µg (7.57%), Vitamin E: 1.09mg (7.3%), Phosphorus: 69.05mg (6.9%), Vitamin K: 3.81µg (3.63%), Potassium: 119.04mg (3.4%), Vitamin B12: 0.19µg (3.17%), Magnesium: 12.48mg (3.12%), Vitamin B5: 0.3mg (3.04%), Vitamin B6: 0.04mg (2.09%), Manganese: 0.04mg (1.86%), Copper: 0.03mg (1.71%), Iron: 0.27mg (1.5%), Folate: 4.76µg (1.19%)